

STANDARD INSTALLATION  
TOPIC EXCHANGE SERVICE



RELOCATION INFORMATION FOR  
NSA Norfolk, Northwest Annex  
Virginia

Information Date  
January 20, 2004

Visit the SITES Web Site at  
<http://www.dmdc.osd.mil/sites>

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# Installation

## Installation Overview

For more information on this subject:

NSA Norfolk, Northwest Annex

<http://www.nsa-norva.navy.mil/Northwest%20Annex/index.htm>

Naval Support Activity Norfolk, Northwest Annex  
WELCOMES YOU!

NAVAL SUPPORT ACTIVITY NORFOLK, NORTHWEST ANNEX came into existence after the disestablishment of Naval Security Group Activity Northwest (NSGA NW), on October 1, 2001.

The base is located in rural southern Chesapeake, Virginia on the border of North Carolina. Approximately 2/3 of the land is located in Virginia, while the remaining 1/3 is in North Carolina. Northwest is situated adjacent to the Great Dismal Swamp, on 3,600 acres of farm, wooded, and swamplands, of which 2,300 acres are forested. Northwest is named for the nearby Northwest River, where many relaxing hours can be spent boating, fishing, or participating in one of the many activities.

Northwest is about: 40 miles southwest of Virginia Beach, a major east coast vacation destination; 35 miles south of Norfolk and Portsmouth; 70 miles south of Williamsburg and Yorktown. Williamsburg and Yorktown are the sites of historical battlefields and Colonial settlements. Busch Gardens and Water Country USA are in close proximity. Elizabeth City, NC is 35 miles to the south. The Outer Banks of North Carolina is 60 miles southeast, with its beautiful sand dunes and beaches at Kill Devil Hills and Nags Head.

The area of Southeastern Virginia encompassing Virginia Beach, Norfolk, Chesapeake, Portsmouth, Suffolk, Surry, Isle of Wight, Hampton, Newport News, Poquoson, York County, and Williamsburg is often referred to as HAMPTON ROADS. The cities of Hampton, Newport News, Poquoson, York County, and Williamsburg are also referred to as the Peninsula, while the cities of Virginia Beach, Norfolk, Chesapeake, Portsmouth, Suffolk, Surry, and Isle of Wight are called SOUTHSIDE or TIDEWATER.

The mission of Naval Support Activity Norfolk, Northwest Annex (Northwest) is to coordinate the

provision of shore activity support to our tenant commands and to the operational forces of the United States and its allies.

Northwest hosts several tenant commands including: NATO Satellite Ground Terminal F3 (NSU SGT F3); Fleet Surveillance Support Command (FLTSURVSUPP COM NORTHWEST); Center for Anti-Terrorism, Naval Security Forces (CATNSF); Naval Security Group Support Detachment Chesapeake (NAVSEC GRUSUPP DET Chesapeake); Naval Computer Telecommunications Area Master Station Satellite Communications Facility/ Navy Satellite Communications Facility Northwest (NCTAMSLANT SATCOMMFAC /NAVSAT COMMFAC NW, the Captain William L. McGonagle Branch Medical/Dental Clinics; U.S. Marine Corps Security Force Training Company (MCSFTC); Coast Guard Communications Area Master Station Atlantic (COGARD CAMSLANT); U.S. Coast Guard Tactical Law Enforcement Team (TACLET) and U.S. Coast Guard Maritime Safety and Security Team (MSST).

The base maintains its own support services, including bachelor and family housing, small exchange (shoppette), community club (The Mariner Community Center), The Joint Forces Singles Center (THE JOINT), Morale Welfare and Recreation Department (MWR), Youth Center, Medical and Dental Facilities, Chapel, Child Development Center (CDC), Navy Housing Welcome Center, and the Fleet and Family Support Center Northwest (FFSC NW) for Navy, Marine Corps, Air Force, Army, Coast Guard, and NATO personnel.

Northwest has excellent recreation facilities for hunting, fishing, boating, and camping. Other recreation facilities include an outdoor swimming pool, ball fields, tennis courts, racquetball courts, a bowling alley, a gymnasium, and a state-of-the-art fitness center. There is a snack bar and bar at the Mariner Community Center, along with pool tables and video games. "THE JOINT" in the Mariner Community Center, features computers with Internet connection, big screen TV, video games, theater, and other activities. The ATM is located near the Joint. A Youth Center provides a variety of programs for children.

Fleet and Family Support Centers (FFSC) of Hampton Roads provide information and referral, education and training, counseling, and advocacy to assist commands in achieving operational readiness and to facilitate personal and family self-sufficiency.

Service members and their families are encouraged to use the FFSC most convenient to them.

Fleet and Family Support Center, 1320 Northwest Blvd., Suite 100, (Building 374) Chesapeake, Virginia 23322-4904, (757) 421-8770. In addition, the Fleet and Family Support Centers of Hampton Roads maintain a telephone hotline for information, referral, and assistance, manned by active duty personnel. The hotline is available 24 hours each day, seven days a week at (757) 444-NAVY or 1-800-372-5463. The Family Support Centers' personnel look forward to welcoming you and assisting in any way they can. Again, Welcome Aboard!

**TELEPHONE ACCESS:** All numbers listed are in Hampton Roads, Virginia are in the 757 area code. North Carolina numbers are in the 252 area code unless otherwise specified. Norfolk Naval Base commands - DSN 564-XXXX. Operator/Ship's information: (757) 444-0000.

#### THINGS TO DO BEFORE OR UPON ARRIVAL:

Report to your command and /or Personnel Support Activity (PSD) for check-in procedures. Individual commands sponsor indoctrination programs for newly reporting military personnel. If you are reporting to one of the ships in the area, report directly to the ship. If you do not know where to find the ship, call the NAVSTA base information line at (757) 444-0000 or 1 (800) FSC-LINE and request the pier number. When you are checking onboard a ship that is deployed, report to Transient Personnel Unit (TPU) 1683 Gilbert Street Bldg. J-50, NAVSTA Norfolk. Phone: (757) 444-4469/7469 or (757) 444-1640 for a 24 hour line if checking in after normal working hours.

|  |
|--|
| <b>Name:</b> Fleet and Family Support Center of Hampton Roads  |
| <b>WWW Link:</b> <a href="http://www.nsa-norva.navy.mil/ffsc">http://www.nsa-norva.navy.mil/ffsc</a> |
| <b>Comments:</b><br>Phone<br>(757) 421-8770 Northwest<br>444-Navy<br>1-800-FSC-LINE                  |

#### Must Know Items

For more information on this subject:  
NSA Norfolk  
<http://www.nsa-norva.navy.mil>

**ARRIVAL INFORMATION:** NSA Norfolk, Northwest Annex is located in southern Chesapeake, extending its boundaries into North Carolina. Access to the installation can be accomplished by two main routes, US Hwy 17 (George Washington Highway) and Route 168 (Battlefield Blvd.), from either the north or south.

**From NORFOLK INTERNATIONAL AIRPORT:** There is no local bus service from the Norfolk International Airport to the local bases. To travel to NSA Norfolk, Northwest Annex by Airport Shuttle will cost approximately \$50.00 per person or by taxi approximately \$65.00. There is no bus service from the airports to NW or other area bases. Transportation can also be arranged to NAVSTA Norfolk or temporary lodging by either shuttle or taxi.

For NSA Norfolk, Northwest Annex personnel, if your sponsor does not meet you at the gate, call NSA Norfolk during working hours at (757) 836-1844 or contact the CDO by pager at (757) 459-1563 after normal working hours for more information.

#### WHEN YOU ARRIVE AT NORTHWEST

Navy personnel check in at the NSA Norfolk, Northwest Annex Quarterdeck in Building 145. You will be directed to the barracks, where you will be assigned a room. The next day you will begin to check in around the base with your sponsor. If you do not have a sponsor, ask the Norfolk Command Master Chief to assign you one or request a sponsor from the website listed under the RELOCATION SERVICES section for additional information.

USCG CAMSLANT Personnel should contact the CAMSLANT Quarterdeck, at (757) 421-6240 or 1-800-742-8519 for more information.

USCG TACLET and MSST personnel contact your respective command during working hours for check-in information. USCG TACLET personnel can call Business phone (757) 421-1800 or TACLET info line (757) 421-1918 for more information. USCG MSST personnel can call (757) 421-1614 for more information.

NSU SGT-F-3 personnel should call (757) 421-3838 for check-in information.

CATNSF students should check in with CATNSF at Bldg. 41 or call (757) 421-8059 during working hours or NSA Norfolk, Northwest Annex

Quarterdeck in Building 145 (757) 421-8000 (DSN: 564-1336) after working hours.

See **MUST KNOW ITEMS** under the **INSTALLATION** section for directions to the base and additional arrival information.

The USO of Hampton Roads run centers on the 2nd deck of the Norfolk International Airport, at the Newport News/Williamsburg International Airport and the Air Mobility Command Terminal (AMC) at the Naval Air Station in Norfolk. The USOs hours vary depending on flight schedules. Service members and family members may make free official telephone calls and most centers have Internet access.

Active duty staff provides directions, information, and other assistance at the information booth at the Norfolk International Airport (1st deck), (757) 444-3040, and there is an information booth at Norfolk Greyhound Bus Terminal that can provide service members with information.

**NORFOLK INTERNATIONAL AIRPORT:** When exiting the airport keep straight and follow Norview Avenue to exit I-64 east (toward Chesapeake and Suffolk, 2nd onramp). Keep straight (**DO NOT TURN ONTO 264**) follow directions listed below.

I-64 from **VIRGINIA BEACH/ NORFOLK/ HAMPTON** (toward Chesapeake and Suffolk) Take Exit 291 B to Highway 168 (Battlefield Boulevard) South Elizabeth City. Bear to the left and follow the signs to Highway 168 (South Nags Head/Manteo).

From **WESTERN BRANCH/ SUFFOLK** on I-64 toward Virginia Beach: Take Exit 291B to Highway 168 South (Great Bridge/Nags Head). Follow the signs to Highway 168 South until you reach the intersection of Battlefield Blvd. and Route 168 South (approximately 15 miles). Cross over the Northwest River Bridge and turn right onto Battlefield Blvd at 1st light over the bridge. **SEE BALLAHACK ROAD FROM 168.**

**OR**

**ROUTE 168 BYPASS (TOLL ROAD).** The fee for using the Toll Road is \$2.00 each way unless you get a special card, called Smart Tag, that reduces the cost to approximately \$.50 each way. The bypass reduces transit time from Norfolk to Northwest 15 to 20 minutes on average. Follow the signs to Route 168 South until you reach the intersection of Battlefield Blvd. and Route 168 South (approximately 15 miles). Cross over the Northwest River Bridge and turn right

onto Battlefield Blvd. at the 1st stoplight over the bridge. **SEE BALLAHACK ROAD FROM 168.**

**NOTE:** The Chesapeake Expressway accepts Smart Tags but not the E-ZPASS. If you have an E-ZPASS from one of the northern or mid-Atlantic states, it will not work in Virginia (until late 2004).

**OR**

Exit the bypass at Exit 8B **HILLCREST PARKWAY**. Go through two (2) stoplights and turn right back on to Highway 168 South or Battlefield Blvd. to avoid the Toll Stations.

#### **LANDMARKS OF NOTE**

(When you pass these, you are headed in the right direction and getting close to NSA Norfolk, Northwest Annex).

Hickory Middle and High Schools on the left  
Water treatment plant on the right  
Southern Meat Packing Plant on the right.

Bear to the right just past Southern Meat Packing and the Texaco station (before the stoplight) to get back onto Highway 168 South. Once on Highway 168 South, you will see Bobs Fishing Hole on the left. Cross over the Northwest River Bridge then you will see a small green sign for NSA Norfolk, Northwest Annex on the right, as well as a sign for Ballahack Road. You will come to another stoplight in about .8 mile. Turn right onto Old Battlefield Blvd. at the 1st stoplight over the bridge. You will see a small sign for CAMSLANT and bear right onto Ballahack Road, just before the 7-11. **SEE BALLAHACK ROAD FROM 168.**

**BALLAHACK ROAD FROM 168.** Ballahack Road is .2 mile on Battlefield Blvd. on the right (before the 7-11) and drive approximately 3 miles. **SEE RELAY ROAD.**

From **HAMPTON/ NEWPORT NEWS** on I-64. Follow I-664 until it becomes I-64 at Exit 15 B (to Chesapeake and Virginia Beach). The Highway will split; the right two (2) lanes become I-64 at Exit 15 B, veering to the right and the left two (2) become I-264 East at Exit 15 A to Portsmouth and Norfolk. Follow I-64 to Exit 296 (Portsmouth/Deep Creek Business Route on US Highway 17 or George Washington Highway) south (right) toward Deep Creek (for approximately 1 mile). Follow the signs for US Highway 17 South. It is one (1) mile to Deep Creek. Highway 17 will take a turn to the left in the burg of Deep Creek. After you turn left, you will go

over the Atlantic Intercoastal Waterway. Immediately veer right. You will notice a small sign marking mile 10G. Headlights are suggested to be turned on through this area. You will pass homes and fields on the left and the Atlantic Intercoastal Waterway/Great Dismal Swamp Canal on the right. Just after mile marker 8G, you will see a Cornland Road sign. At mile marker 4G, you will notice a flashing light and a sign for Ballahack Road. You will see the small green sign for Naval Support Activity Norfolk, Northwest Annex and a CAMSLANT sign. Turn left after old gas station onto Ballahack Road. SEE BALLAHACK FROM 17.

#### FROM CAROLINA on US HWY NORTH 168:

After crossing into Virginia from North Carolina on Highway 168, travel 1 mile north. At the first stoplight, turn left onto Old Battlefield Road. You will see a small sign for CAMSLANT and bear right onto Ballahack Road just before the 7-11. SEE BALLAHACK ROAD FROM 168.

#### FROM CAROLINA on US HWY NORTH 17:

There are two (2) routes that you can take.

1). Follow the US Highway 17 bypass through Elizabeth City, NC until you reach the intersection of State Route 158. Turn right and drive through town and over the Pasquotank River. Continue on Route 158 through the town of Camden and on to the small burg of Belcross. In Belcross, you will veer to the left on to State Route 34. Follow Route 34 until you reach the intersection of State Route 168. Turn left and follow Route 168 for about 10 miles. You will then cross the VA/NC state line. One mile after you cross the state line you will come to a stoplight. Turn left at the light onto Old Battlefield Blvd. You will see a small sign for CAMSLANT and bear right onto Ballahack Road just before the 7-11. SEE BALLAHACK FROM 168.

2). Follow the US Highway 17 Bypass through Elizabeth City, past the State Route 158 intersection. You will continue to follow US Highway 17 across the VA/NC state line. Stop by the Dismal Swamp Canal Visitor Center for more information on North Carolina's attractions. Once you cross the state line, you will see the Atlantic Intercoastal Waterway/Great Dismal Swamp Canal on your left. Approximately 4 miles past the state line, you will see a small green Naval Support Activity Norfolk, Northwest Annex sign. Just after that, you will see an old gas station, on the right. Just before the gas station, turn right onto Ballahack Road. SEE BALLAHACK FROM 17.

BALLAHACK FROM 17: Continue east on Ballahack for approximately 9 miles to NSA Norfolk, Northwest Annex. You will pass through farms, fields, and rural homes. The road is narrow and winding. Watch for farm vehicles on the road. The base housing will be on the right and new homes on the left. Pass Cardinal Road to the next entrance, Relay Road. SEE RELAY ROAD.

RELAY ROAD. Turn into the base on Relay at the Chapel (the only building with a spire.) Follow signs into parking area. Watch the speed limit. PLEASE REMEMBER THE SPEED LIMIT IS 15 MPH ON MOST OF THE BASE AND IS STRICTLY ENFORCED!

Please USE EXTREME CAUTION while driving to NSA Norfolk, Northwest Annex on Ballahack Road. Although it is a beautiful drive, it is a two-lane, dark, narrow, and winding road. There is no shoulder and drainage ditches flank the road. Call (757) 421-8770 for more information.

PUBLIC TRANSPORTATION: A personal vehicle is essential, as NW is located in a rural area devoid of public transportation. Be sure to visit the financial counselor at FFSC NW before buying a car, as he or she can provide information on special considerations when buying a car in Virginia (i.e., laws permit high interest rates and there is no Lemon Law). Also, consider gas mileage when purchasing a car, because the average commute for those living off base is about 30 miles.

#### ARRIVAL CHECK-IN PROCEDURES:

All Navy personnel should check with their parent command before leaving to obtain specific checking-in information for the command in the Hampton Roads area. If you are unsure of where to go, you can stop by the Military Information Booth at the Norfolk International Airport or the USO of Hampton Roads at the Norfolk or Newport News/Williamsburg International Airports or contact the NW Quarterdeck so you can be directed appropriately. Be sure to bring your service record and orders when you check in. To contact the NSA Norfolk, Northwest Annex Quarterdeck call (757) 421-8000.

USMC personnel should check in at the US Marine Corps Security Force Training Company, Bldg. 360 during working hours. After going through the gate, turn left on the second road to the left, Olympic Blvd., turn right at the first road into parking lot. After working hours, USMC personnel should check



in at the USMC SFTC Barracks, Bldg. 366. Take the first left after going through the gate on to Northwest Blvd. Turn left into the last parking lot. To contact USMC Quarterdeck, call (757) 421-8555 or Barracks at (757) 421-8100.

USCG CAMSLANT personnel should check in at CAMSLANT Bldg. CG-1 during and after working hours. To reach CG-1, follow Relay Road (after the gate) to where it branches. Keep to the right on Douglas A. Munro Road (Old Milepost Road) going past the ball fields on the right. CAMSLANT is on the right, approximately .2 miles. To contact the USCG Quarterdeck, call (757) 421-6240 or 1-800-742-8519.

USCG TACLET and USCG MSST personnel should check-in during normal working hours at Bldg. 41. To reach Bldg 41, follow Relay Road (after the gate) and continue straight for about 3 miles. Turn left on Shotgun Road and travel about 1 mile. Use the large parking lot on the left at the end of Shotgun Road before reaching the building compound.

USCG TACLET North is located on the second floor of Building 41. Reporting personnel are to check in with the unit Yeoman during normal working hours (0800-1500 preferred). There is no check-in during the evenings, weekends, or holidays. TACLET North does not maintain or offer quarters. Reporting personnel with housing related questions should contact their sponsors or call (757) 686-4080 for local area housing information. Call Business phone (757) 421-1800 or TACLET info line (757) 421-1918 for more information.

MSST is located on the first floor of Building 41. Personnel can call (757) 421-1614 for more information.

NATO personnel should call check in at the site located at the end of Farmhouse Road, past the carwash on the right. Call (757) 421-3838 for more information.

CATNSF students should check in with CATNSF, in Bldg. 41 or call (757) 421-8059 during working hours or NSA Norfolk, Northwest Annex Quarterdeck in Building 145 (757) 421-8000 (DSN: 564-1336) after working hours. To reach Bldg 41, follow Relay Road (after the gate) and continue straight for about 3 miles. Turn left on Shotgun Road and travel about 1 mile. Use the large parking lot on the left at the end of Shotgun Road before reaching the building compound.

**NEWCOMER ORIENTATION:** Be sure to stop by the Relocation Assistance Office at the FFSC NW, next to the NW Chapel. You will find information on the lending locker, employment, community services, recreation, health care, schools, and much more! Check a "Signal," the FFSC calendar, for dates, times, and locations. The Signal can be found at various locations around the Navy bases in Hampton Roads.

**TEMPORARY QUARTERS:** Northwest has the following temporary quarters on base: 18 rooms for accompanied or unaccompanied officer personnel, 24 rooms for unaccompanied enlisted personnel and 4 suites for married enlisted personnel. Call the Combined Bachelor Housing at (757) 421- 8282 for availability and reservations.

There are three (3) Navy Lodges in the Norfolk/Virginia Beach area, each approximately 35 miles from Northwest. For additional information and reservations, in the continental United States call the Navy Lodge at 1-800-NAVY-INN. The Army also has temporary lodging facilities at Fort Story Call Cape Henry Inn at (757) 422-8818. There are 5 trailers for rent at USCG AS Elizabeth City, NC. Call USCG FAMCAMP at (252) 335-6505 for rates and availability.

The closest hotels and motels are located in the Greenbrier area of Chesapeake, Virginia or in Elizabeth City, North Carolina, approximately 25 miles from NSA Norfolk, Northwest Annex.

See **BILLETING** under the **RELOCATION SERVICES** section for additional information.

**HOUSING:** All personnel seeking government quarters and/or off-base housing are highly recommended to check in at one of the Housing Welcome Centers of Hampton Roads before entering a rental contract. The Navy Housing Welcome Centers have extensive house finding services for Virginia, including: rental/sales listings, lease negotiations, arbitration, etc. Housing personnel do walk-throughs in government housing, but you can request this service for any rental unit. Services are available to married personnel, their families, and single personnel. Be sure to ask about the Rental Partnership Program (RPP) in Virginia, which is designed to provide affordable housing, often without a security deposit. There is no similar program in North Carolina.

USCG personnel stationed at NSA Norfolk, Northwest Annex are eligible for base housing at

Northwest and USCG AS Elizabeth City, NC. Contact USCG Housing at (757) 421-6289 for more information.

**SPONSOR:** It is wise to keep in close contact with your command sponsor. Your sponsor will be the primary point of contact at your new unit, providing you with important information about your new unit and the surrounding communities. If you have "hard copy" orders and you have not been contacted by a sponsor, contact your gaining command to request one. It will take you, your new command, and your sponsor to make sure the sponsor works for you. Be sure to ask questions about the base, local area, schools. Also, let your sponsor know your schedule and your housing needs (family size and composition, number of bedrooms required, pets, desired price range for rent, etc.). A good command sponsor works closely with the Housing Welcome Center to ease the stress of your move.

**CHILDCARE:** For enrollment information, contact the CDC. If you have a DD Form 2606, you can fill it out and send it before your arrival. Fees are levied based on total family income. To contact the CDC, call (757) 421-8266/8739.

See **CHILDCARE PROGRAMS** under the **CHILD AND TEEN SERVICES** section for additional information.

**PET INFORMATION:** Pets are accepted in all Navy housing units. Families are permitted two pets: two (2) dogs, (2) cats or a dog and a cat. Housing does not allow any exotic pets or farm animals such as chickens, pigs, snakes, ferrets, etc. Pets must be inoculated for rabies and registered at the Housing Welcome Center. Dogs must also be registered with the City of Chesapeake.

Some off-base housing will not accept pets. Most places that do accept pets require a non-refundable pet deposit and additional monthly fees. It is often difficult to find housing that accepts large and/or multiple pets.

There are no kennels on any of the bases in Hampton Roads. See **PET BOARDING, QUARANTINES, and VETERINARY SERVICES** under the **RELOCATION SERVICES** section for additional information.

**COST OF LIVING:** The cost of living in Hampton Roads is reasonable and housing is plentiful. Many personnel choose to live in North Carolina where the cost of housing is slightly lower. Property taxes, sales tax, and insurance rates vary a great deal between VA and NC, so check around before deciding on where to settle. If considering living in NC take into account the increased commuting distance to area shopping and services, and to the other area bases in Virginia when planning for your daily living expenses. See **COMMUNITY HOUSING** under the **HOUSING** section for more information.

**WEATHER:** The area weather is characterized by warm, humid summers and mild winters. During the spring, fall, and winter the temperature can vary widely from day to day, so have a variety of clothes available. Average yearly rainfall is 45 inches and the average yearly snowfall 5 to 8 inches. Hurricane season officially starts 1 June and extends through 30 November, during which time a hurricane or tropical storm can pass through the area at any time. These storms are unpredictable and often have high winds and torrential rains. Families should learn how to prepare and what to do, in case of seasonal storms.

See **CLIMATE** under the **LOCAL COMMUNITY** section for more information.

### Must Know Items

| <i>--Installation--</i>             |   |
|-------------------------------------|---|
| Site Name                           | NSA Norfolk, Northwest Annex              |
| Last Updated                        | January 20, 2004                          |
| State/Territory                     | Virginia                                  |
| County                              | Chesapeake                                |
| ZIP Code                            | 23322-4094                                |
| Service                             | USN                                       |
| Host Command                        |   |
| Physical Size                       | 3600                                      |
| <i>--Personnel--</i>                |   |
| FSC/ACS Director                    |   |
| Relocation Assistance Manager       |   |
| Relocation Assistance Specialist    |   |
| <i>--Phones--</i>                   |   |
| DSN Country Code                    |   |
| DSN Number                          | 564-1336 ext. 8770                        |
| Commercial Country Code             | 1   |
| Commercial Area Code                | (757)                                     |
| Commercial Number                   | 421-8770                                  |
| FAX DSN Country Code                |   |
| FAX DSN Number                      |   |
| FAX Commercial Country Code         |   |
| FAX Commercial Area Code            | (757)                                     |
| FAX Commercial Number               | 421-8782                                  |
| <i>--Official Mailing Address--</i> |   |
| Street Line 1                       | Fleet and Family Support Center Northwest |
| Street Line 2                       | 1320 Northwest Blvd., Suite 100           |
| City                                | Chesapeake                                |
| State/Territory                     | VA  |
| ZIP Code                            | 23322-4094                                |
| <i>--Deliverable Address--</i>      |   |
| Street Line 1                       | Fleet and Family Support Center NW        |
| Street Line 2                       | 1320 Northwest Blvd., Suite 100, BLDG 374 |
| City                                | Chesapeake                                |
| State/Territory                     | VA  |
| ZIP Code                            | 23322-4094                                |
| E-Mail                              | mmauch@nsanwannex.navy.mil                |

### Geographically Separated or Satellite Locations

None

### Nearby Installations (Listed Separately in SITES)

Hampton Roads is home to a large military community, with over 108,000 active duty personnel. Army, Air Force, Navy, Marine Corps, and Coast

Guard can be found working and living side by side. Norfolk Naval Base is the largest naval base in the world, with approximately 115 ships, and 29 aircraft squadrons. Langley Air Force Base is the oldest continuously active air installation the United States and home to NASA Langley Research Center. US Coast Guard Air Station Elizabeth City is the largest CG facility in the world. NATO also has a large presence in Hampton Roads.

### Nearby Installations (Listed Separately in SITES)

| <i>State/Country</i> | <i>Site Name</i>               | <i>Service</i> | <i>Distance</i>     |
|----------------------|--------------------------------|----------------|---------------------|
| North Carolina       | Camp Lejeune                   | USMC           | 190 miles/4 hours   |
| North Carolina       | MCAS Cherry Point              | USMC           | 210 miles/4.5 hours |
| North Carolina       | USCG Elizabeth City            | USCG           | 35 miles/45 mins.   |
| Virginia             | Fort Eustis                    | USA            | 60 miles/75 mins.   |
| Virginia             | Fort Monroe                    | USA            | 50 miles/60 mins.   |
| Virginia             | Fort Story                     | USA            | 40 miles/80 mins.   |
| Virginia             | Langley AFB                    | USAF           | 50 miles/60 mins.   |
| Virginia             | NAB Little Creek               | USN            | 32 miles/55 mins.   |
| Virginia             | NAS Oceana                     | USN            | 32 miles/45 mins.   |
| Virginia             | NAS Oceana Dam Neck Annex      | USN            | 38 miles/55 mins.   |
| Virginia             | NSWCDD Dahlgren                | USN            | 150 miles/2.5 hours |
| Virginia             | Naval Station Norfolk          | USN            | 35 miles/60 mins.   |
| Virginia             | Naval Weapons Station Yorktown | USN            | 70 miles/90 mins.   |
| Virginia             | USCG Hampton Roads             | USCG           | 32 miles/45 mins.   |
| Virginia             | USCG Training Center Yorktown  | USCG           | 70 miles/90 mins.   |

## Regulations

### CONSUMER AWARENESS and PROTECTION

When relocating to another state, it is important to acquaint oneself with the local consumer protection regulations.

#### VIRGINIA

Virginia is a COMMONWEALTH. As such, its residents are subject to different standards and laws than what may be in effect in other states. Be aware of your legal rights. Virginia does not have Plain English Contract Laws, so it may take a lawyer to explain some contracts. Except for a few exceptions, VIRGINIA DOES NOT HAVE A "COOLING OFF PERIOD." Any contract you sign is binding from the moment of signing. There are only a few contracts that the state allows you to cancel after a specified period of time. If you do not have the cancellation rights in writing, you do not have the right to cancel a contract in most cases. The cancellation period is seldom longer than three days from the date the contract was signed, and Saturday is considered a business day. Door-to-door sales, telephone solicitations, home improvement (if your home is pledged as security), and health spa memberships are each allowed three days, from the date printed on the contract. Campground memberships and time shares generally have longer cancellation periods but make sure it is in writing, so you know your rights.

#### NORTH CAROLINA

Consumer laws in North Carolina are similar to Virginia.

To avoid problems in Virginia and North Carolina, contact Legal Services Office before signing contracts.

#### LANDLORD TENANT ACT

Leases should be taken to a Housing Welcome Center or Legal Services Office in Hampton Roads to be reviewed before signing the contract.

#### VIRGINIA

BEFORE signing a lease, it is important to have the lease reviewed by one of the Navy Housing Welcome Centers of Hampton Roads. Any lease a military member signs must have a MILITARY CLAUSE, allowing for a Permanent Change of Station (PCS) move of 35 (radius) miles or more out of the area. Make certain your lease has this clause. Most leases in Virginia are one (1) year, although some shorter leases are obtainable (at extra cost). Most leases are written to renew automatically if you do not give the landlord sufficient notice. Landlords are required to return your security deposit within 45 days after you vacate the rental unit. If landlords withhold any money due to damages, they must provide an itemized list of damages and how much they charged for each repair.

#### NORTH CAROLINA

In general, the relationship between landlord and tenant is governed by the terms of the lease agreement. But state and federal law impose certain conditions that the landlord and tenant cannot change, even if the lease purports to do so. The most important of these laws is North Carolina's Residential Rental Agreement Act. (N.C. Gen. Stat. 42-38 to 49)

**ABANDONMENT OF LEASE:** The lease is a contract between the landlord and the tenant. The tenant can get out of the lease only if the lease itself allows the tenant to do so and the tenant follows the procedures laid out in the lease. For example, the lease may permit the tenant to move out simply by giving notice thirty days in advance, but there is no law that allows tenants to abandon any lease just by giving a notice thirty days in advance. If the tenant abandons the premises prior to the expiration of the lease, the tenant will still have to pay rent every month until the landlord rents the premises to another tenant or the lease expires.

**NOTE:** Make sure any lease you sign has a **MILITARY CLAUSE** before you sign in either Virginia or North Carolina.

#### **BASE**

**VEHICLE CHECKS** - All vehicles entering or leaving area bases are subject to search. Weapons of any kind are forbidden on base property; this includes mace, pepper gas, guns, or knives that lock and/or are over 3" long. Mace and pepper gas, if carried on the person, are allowed for personal protection. For further information, please contact Northwest base security at (757) 421-8181.

#### **TRAFFIC**

**BASE REGISTRATION:** To register your vehicle on base, you must have a DOD ID card, valid driver's license, valid certificate of state registration, and proof of insurance. If your vehicle is registered in a state that does not require a safety inspection, you will not need to get a Virginia or North Carolina safety inspection before obtaining a permanent base registration sticker. **CURRENT** state **SAFETY INSPECTION** stickers are required for all vehicles registered in states requiring a safety inspection, such as Virginia and North Carolina. See **SAFETY INSPECTION** for more information. Insurance coverage must meet the minimum required by the Virginia Motor Vehicle Liability Law. DOD decals must be physically attached to the vehicle. Vehicle decals for motorcycles will be issued only after the owner has completed an approved Motorcycle Operators Course.

#### **TINTED WINDOWS**

If your vehicle has tinted windows, make sure the tinting complies with Virginia's or North Carolina's sunshading specifications. DMVs are authorized to issue waivers to individuals who have medical conditions requiring restriction from sunlight or bright artificial light. Check with the appropriate DMV for more information.

#### **REGISTRATION, SEAT BELTS and RADAR DETECTION DEVICES**

##### **VIRGINIA**

**VEHICLE REGISTRATION:** Vehicles registered in the active duty member's name only, may be driven with valid out-of-state license plates. If you choose to register your vehicle in Virginia, you do not have to obtain a Virginia driver's license. To register your vehicle in Virginia and obtain license plates, you must first title your vehicle within 30 days of moving to Virginia. Before you can register a vehicle in Virginia, you must certify that a company authorized to do business in Virginia insures your vehicle. SEE below for **INSURANCE** information. Vehicles of Armed Forces personnel must be registered in their own names or in the names of their family members. See below for more **SAFETY INSPECTION INFORMATION**. Keep the registration card with you whenever you operate the vehicle.

**SEATBELTS** are **MANDATORY** for **ALL PASSENGERS**. All children under age six must be properly secured in a child safety seat or booster seat when riding in a vehicle manufactured after January 1, 1968. All children under age 16 must be properly secured in a child safety seat or with a safety belt no matter where they are sitting in the vehicle. If stopped for a traffic violation, state, local, and base officials can ticket for non-use of seat belts. Police officers can stop your vehicle for not having children over 4 and under 16 use a seat belt. Passengers and pets are NOT allowed to travel in the back of pickups in Virginia.

**RADAR DETECTION DEVICES ARE ILLEGAL in VIRGINIA.**

##### **NORTH CAROLINA**

**VEHICLE REGISTRATION:** Vehicles registered in the active duty member's name may be driven with valid out-of-state license plates. If you choose to register your vehicle in North Carolina, you do not have to obtain a North Carolina driver's license. Military personnel (residents and non-residents)

registering a vehicle in North Carolina are not exempt from paying the Highway Use Tax.

SEATBELTS are required for ALL PASSENGERS in the FRONT SEAT and ALL CHILDREN UNDER 12 in the vehicle. Child seats/restraints are mandatory for children under 40 pounds or under 5 years of age. In vehicles equipped with an active passenger-side front air bag and a rear seat, a child less than five years of age and less than 40 pounds in weight shall be properly secured in the rear seat unless the child restraint system is designed for use with air bags. NC Law prohibits children less than age twelve from riding in the open bed of a pick-up truck. Children 12 and over and pets are allowed to ride in the bed of pickups IN SOME COUNTIES. Check with the local police for the regulations in your area.

RADAR DETECTION DEVICES ARE LEGAL IN NORTH CAROLINA. For more information contact the North Carolina Highway Patrol at (252) 331-4749.

#### DRIVER'S LICENSE

##### VIRGINIA

##### NEW RESIDENTS:

If you hold a valid driver's license issued by a U.S. state, territory, jurisdiction, a Canadian province, France or Germany, you may not be required to take the two-part knowledge exam or the road skills test, but you must pass a vision screening. Canadian or U.S. licenses must be surrendered when you apply for a Virginia driver's license. Be sure to photocopy your out-of-state driver's license before surrendering it -- you may need it for insurance or licensing purposes. If your license has been suspended or revoked by another state, a Virginia license may not be issued until your driving record in that state is cleared and you meet Virginia requirements.

##### NEW LICENSES

If you possess a valid out-of-state license, take the license to a Virginia Department of Motor Vehicles (DMV) office, surrender it, and take a visual exam to obtain a Virginia license. The fees range from \$2.40 - \$19.20, depending on the month and year of birth.

##### MILITARY PERSONNEL:

If you are an active-duty member of the Armed Forces (16 years and 3 months of age or older) stationed in Virginia, you, your spouse and dependent children may drive with a valid driver's license issued by your home state or country. Vehicles registered in your name may be driven with valid out-of-state license plates if you are the sole owner. If the vehicle

is co-owned, all co-owners must be active-duty members of the Armed Forces to maintain out-of-state plates. You may register your vehicle in Virginia without obtaining a Virginia driver's license.

##### FIRST TIME DRIVERS:

A comprehensive slate of new teen driving laws took effect on July 1, 2001. The new laws include new minimum age requirements, a holding period, behind-the-wheel training hours and mileage, passenger limits, and a curfew. For more information on the new laws in Virginia contact the Virginia Department of Motor Vehicles (VDMV) or view at official website listed below.

You must be a resident of the Commonwealth of Virginia and at least 16 years and 3 months of age to obtain a Virginia driver's license. To obtain a learner's permit, you must be at least 15 years and 6 months of age. NO EXCEPTIONS WILL BE MADE TO THESE AGE REQUIREMENTS.

If you are under age 18, you must provide written consent from one of your parents or your legal guardian unless you are married or emancipated. If you are under age 19 you must complete a state-approved driver education program. If you are age 19 or older, applying for a driver's license and you have not previously held a driver's license, you must show proof that: you passed an approved driver education course or you held a Virginia learner's permit at least 30 days before taking the DMV road skills test

##### NORTH CAROLINA

Two separate agencies take care of drivers' licenses and vehicle registration and licensing. North Carolina requires re-testing before issuing drivers licenses. The closest North Carolina Division of Motor Vehicles (NCDOT DMV) for drivers licenses or vehicle registration and license is located in Elizabeth City, at Highway 17 South. There is no DMV in either Camden or Currituck counties. Drivers handbooks can be obtained online at North Carolina Division of Motor Vehicles official website.

##### NEW RESIDENTS:

A new resident has 60 days after establishing residence to obtain a North Carolina license or learner permit. You must be at least 15 years of age, and if under age 18 must have completed an approved driver education course. Drivers ages 16 or 17 who are new residents of North Carolina and hold a valid unrestricted driver license from a state that does not require driver education may be issued a temporary driver permit. This permit will allow them to drive for the purpose of taking the driver education

course required for driver licensing in North Carolina.

#### MILITARY PERSONNEL:

Active duty personnel and family members may keep licenses from their home of record if they do not claim North Carolina residency. However, if employment is obtained, individuals have thirty (30) days to obtain a North Carolina license.

#### NEW LICENSES

New North Carolina residents applying for a standard license are required to take the written test, vision test, road signs recognition test, and the road test if the examiner feels it is necessary. Other requirements are in effect for large or commercial vehicle licenses. Applicants must be 16 years old, and if under 18, must have completed a driver education course. Drivers aged 16 or 17, holding a valid driver's license from states not requiring driver education may obtain a temporary driver's permit for the purpose of taking the driver education course.

#### VEHICLE SAFETY INSPECTION CERTIFICATES

ALL vehicles authorized on military bases require CURRENT state SAFETY INSPECTION if the vehicle is registered in a state requiring safety inspection, such as Virginia and North Carolina. Vehicles registered in states not requiring a safety inspection shall not be required to obtain a Virginia safety inspection. Check with the state Division of Motor Vehicles for more specific information. This rule changed in July 2002 to establish uniformity with other Navy regions and nearby Coast Guard, Army, and Air Force Installations.

#### VIRGINIA

All vehicles registered in Virginia must have a valid Virginia safety inspection sticker displayed on the windshield. Once you have registered a vehicle with the Division of Motor Vehicles in the state of Virginia, it must be inspected immediately; there is no grace period. Safety inspections are required annually and cost \$15.00. Any adjustments or repairs needed to pass inspection will cost extra. The vehicle can be re-inspected at the same station within 15 days for \$1.00, but you drive the vehicle at your own risk.

#### NORTH CAROLINA

A North Carolina vehicle safety inspection is required within 10 days of receiving a North Carolina license plate or by the last day of the month printed on the inspection sticker. The cost of the safety inspection is \$9.25. The vehicle inspection can be performed at any of the 7,500 licensed inspection stations throughout the state. Most service stations,

automobile dealerships and vehicle repair garages are licensed inspection stations. If a vehicle fails the safety inspection, it cannot be operated beyond the expiration date of the current sticker. However, the owner has 30 days to correct any safety defects and qualify for a re-inspection at no additional cost, provided the owner presents a receipt of the initial inspection. Once you have registered a vehicle with the Division of Motor Vehicles in the state of Virginia, it must be inspected immediately; there is no grace period.

#### INSURANCE

##### VIRGINIA

Applicants must present evidence or appropriate certification of compliance with the Virginia Motor Vehicle Responsibility Act. The insurance must cover the vehicle and the driver and be for the following minimum amounts: \$25,000 for injury or death of one (1) person; \$50,000 for injury or death of two (2) or more people; and \$20,000 for property damage.

If your vehicle is not insured, you must pay a \$500 uninsured motor vehicle fee. This does not provide insurance coverage, but allows you to operate the vehicle in Virginia for a one-year period. Smaller amounts of insurance are acceptable provided they meet the minimum requirements of the state the vehicle was previously registered in. The smaller amounts will be acceptable only until the current policy has expired (in no case for a period greater than one year), at which time the previously listed Virginia minimum requirements must be met. An applicant's signature on the Vehicle Registration Form will be accepted as certification that the applicant possesses and will maintain these minimums.

##### NORTH CAROLINA

Before you can register a vehicle in North Carolina, you must certify that a company authorized to do business in North Carolina insures your vehicle. Your insurance policy must provide the following minimum liability insurance coverage: \$30,000 for injury or death of per person; \$60,000 total per accident; and \$25,000 total for property damage.

#### CITY DECALS

##### VIRGINIA

If you register your vehicle in Virginia, you must have a city decal displayed on your vehicle's windshield. Active-duty personnel whose vehicle is registered in another state (title, plates, and

registration) are not required to obtain a city decal. Active-duty non-residents of Virginia wishing to obtain a VIRGINIA REGISTRATION AND PLATES will need to acquire a CITY DECAL. In this case, there is no charge for the decal. To qualify for a waiver of the \$23-\$28 fee, a current LES, letter from the service member's command stating non-residency, or a copy of the prior year's income tax return must be presented to the city treasurer's office. ACTIVE-DUTY members whose HOME OF RESIDENCE IS VIRGINIA WILL PAY the CITY DECAL FEE AND CITY PERSONAL PROPERTY TAX. In Chesapeake, call the Commissioner of Revenue - Personal Property Tax Department at (757) 382-6730 or visit the office, located on the first floor of the Chesapeake Municipal Building, at 306 Cedar Road, Chesapeake for more information.

#### NORTH CAROLINA

If you register your vehicle in North Carolina, you must have a city decal (for the city in which you reside if one is required) displayed on the front windshield. Active duty personnel whose vehicle is registered in another state (title, plates, and registration) are not required to obtain a city decal. Fees for city decals range from \$15 - \$25. Active duty personnel, who are non-residents of North Carolina and who wish to obtain North Carolina registration and plates, will need to check with the city in which they live to determine if they need to obtain a city decal. If a city sticker is required, (such as in Elizabeth City) the charge for the decal is waived for active duty military personnel. To receive the fee waiver you must present to the city treasurer a current LES, letter from your command stating non-residency, or a copy of the prior year's income tax return at time of application. For more information on vehicle licensing and registration, contact the License Plate Agency in your county.

#### CITY/COUNTY ASSESSED TAXES/PERSONAL PROPERTY TAX VEHICLES

##### VIRGINIA

Each city in Hampton Roads assesses a PERSONAL PROPERTY TAX on vehicles garaged in their city and registered in Virginia. This tax may be assessed every six (6) months or annually, depending on the city. The payment of the personal property tax can be AVOIDED by having the automobile REGISTERED ONLY in the name of the ACTIVE-DUTY military member if the service member is an OUT-OF-STATE RESIDENT. If your automobile IS TITLED TO SOMEONE IN ADDITION TO THE ACTIVE DUTY member, then the TAX WILL BE ASSESSED IF YOU REGISTER YOUR CAR IN

VIRGINIA. When the city decal is obtained from the city's Commissioner of the Revenue office, information will automatically be available to the tax assessor on the status of your car's registration. So, if you acquired your city decal as a military non-resident, you will not receive a bill for taxes due. You will receive a notification that requires the signature of the military non-resident and this must be mailed back to the Commissioner's office.

NOTE: It will be financially advantageous to ensure that the automobile is registered and titled in only the active-duty member's name before arriving in Virginia.

##### NORTH CAROLINA

All vehicles registered in North Carolina are subject to personal property tax. North Carolina may have either a city or county tax. ACTIVE DUTY NON-RESIDENTS of North Carolina ARE EXEMPT from having to pay PERSONAL PROPERTY TAXES on their automobile provided they can submit a home of record statement or LES. The county in which the vehicle is registered levies the Personal Property Tax in North Carolina. Expect a bill for personal property tax to arrive about 90 days after registering a vehicle if not registered in the name of an active duty non-resident.

##### GARAGE SALE PERMITS in Virginia

If you decide to hold a garage/yard sale, you will need to get a city permit from the city you reside in. Each city has different requirements, so be sure to contact the Commissioner of Revenue or City Hall for that city. Some cities do not allow the sale to start before noon on Sunday while others prohibit any yard sales on Sunday (Portsmouth). To obtain your permit in Chesapeake, stop by the Garage Sale Permit office, first floor of Chesapeake Municipal Building. The permit cost \$5.00 and is good for 1-3 consecutive days with a limit of two (2) permits per year. NSA Norfolk, Northwest Annex Base Housing requires the notification before any yard sales at the Housing Welcome Center. For more information, call the Commissioner of Revenue in the city in which you live.

##### FISHING AND HUNTING LICENSES

Most Virginia and North Carolina licenses may be obtained at area sports and tackle shops. Licenses can also be obtained at Wal-Mart, K-Mart, Roses, etc. Staff at MWR and nearby tackle shops can assist in obtaining current local information.



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|---|
| <b>Name:</b> Chesapeake Commissioner of Revenue   |
| <b>Address:</b> 306 Cedar Road  |
| <b>City:</b> Chesapeake, VA 23322   |
| <b>Phone:</b> (757) 382-6455  |
| <b>FAX:</b> (757) 382-8369  |
| <b>WWW Link:</b><br><a href="http://www.chesapeake.va.us/services/depart/com-rev/com-rev.html">http://www.chesapeake.va.us/services/depart/com-rev/com-rev.html</a> |
| <b>Comments:</b><br>Business Licenses (757) 382-6739<br>Garage Sale Permits (757) 382-6739<br>Personal Property Tax (757) 382-6730                                  |

|   |
|---|
| <b>Name:</b> North Carolina Department of Justice<br>Consumer Protection Section                                |
| <b>Address:</b> P.O. Box 629  |
| <b>City:</b> Raleigh, NC 27602-0629   |
| <b>Phone:</b> (919) 716-6000  |
| <b>E-Mail:</b> <a href="mailto:agjus@mail.jus.state.nc.us">agjus@mail.jus.state.nc.us</a>                       |
| <b>WWW Link:</b><br><a href="http://www.jus.state.nc.us/cpframe.htm">http://www.jus.state.nc.us/cpframe.htm</a> |

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| <b>Name:</b> North Carolina Driver's License   |
| <b>POC:</b> Division of Motor Vehicles   |
| <b>Address:</b> 1164 US HWY 17 South   |
| <b>City:</b> Elizabeth City, NC 27909  |
| <b>Phone:</b> (252) 331-4776   |
| <b>WWW Link:</b> <a href="http://www.dmv.dot.state.nc.us">http://www.dmv.dot.state.nc.us</a> |

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|---|
| <b>Name:</b> North Carolina Hunting and Fishing<br>Information  |
| <b>POC:</b> North Carolina Wildlife Resources<br>Commission   |
| <b>Address:</b> 512 North Salisbury Street  |
| <b>City:</b> Raleigh, NC 27604-1188   |
| <b>Phone:</b> (919) 662-4370  |
| <b>WWW Link:</b> <a href="http://216.27.49.98">http://216.27.49.98</a>                                      |
| <b>Comments:</b><br>Call or write to obtain a copy of current hunting,<br>fishing, and boating regulations. |

|   |
|---|
| <b>Name:</b> North Carolina Motor Vehicle License Plate<br>Agency   |
| <b>Address:</b> 1545 N. Road Street, Suite E, Country<br>Club Plaza<br>Hwy US 17 North  |
| <b>City:</b> Elizabeth City, NC 27909   |
| <b>Phone:</b> (252) 338-6965  |
| <b>WWW Link:</b><br><a href="http://www.dmv.dot.state.nc.us/VehicleRegistration">http://www.dmv.dot.state.nc.us/VehicleRegistration</a> |

|   |
|---|
| <b>Name:</b> Pasquotank County Tax Office |
| <b>POC:</b> Elizabeth City Vehicle Decals |
| <b>Address:</b> 206 East Main Street      |
| <b>City:</b> Elizabeth City, NC 27907     |
| <b>Phone:</b> (252) 338-6107              |

|   |
|---|
| <b>Name:</b> Pass and ID NSA Northwest  |
| <b>POC:</b> Base Security   |
| <b>Address:</b> NSA Norfolk, Northwest Annex, Bldg.<br>389  |
| <b>City:</b> Chesapeake, VA 23322-4094  |
| <b>Phone:</b> (757) 421-8123  |
| <b>Comments:</b><br>For Emergencies after hours call NSA Norfolk,<br>Northwest Annex Quarterdeck at (757) 421-8000. |

|  |
|--|
| <b>Name:</b> Virginia Department of Motor Vehicles                                   |
| <b>Address:</b> 813 Greenbrier Parkway   |
| <b>City:</b> Chesapeake, VA 23320  |
| <b>WWW Link:</b> <a href="http://www.dmv.state.va.us">http://www.dmv.state.va.us</a> |

|   |
|---|
| <b>Name:</b> Virginia Hunting, Fishing, and Boating<br>Information  |
| <b>POC:</b> Virginia Department of Game and Inland<br>Fisheries   |
| <b>Address:</b> 4010 West Broad Street P.O. Box 11104   |
| <b>City:</b> Richmond, VA 23230-1104  |
| <b>Phone:</b> (804) 367-1000  |
| <b>WWW Link:</b> <a href="http://www.dgif.state.va.us">http://www.dgif.state.va.us</a>                      |
| <b>Comments:</b><br>Call or write to obtain a copy of current hunting,<br>fishing, and boating regulations. |

## Commonly Referenced Numbers

The Hampton Roads area code is 757. In northeastern North Carolina, the area code is 252. If you run into problems, please call an operator.

DSN access to the base is gained by dialing 564-1336 and asking for the extension which is (see page 10). The DSN country code is 312.

### Commonly Referenced Numbers

| <i>Name</i>  | <i>Commercial</i>                            | <i>DSN</i> |
|--|--|------------|
| Administrative Department, NW  | (757) 421-8210/8211                          | -          |
| Air Passenger Terminal - Langley AFB                                   | (757) 764-4698                               | -          |
| Air Passenger Terminal - NAS Norfolk                                   | (757) 444-4118/4148/3947 Automated Service   | -          |
| Air Passenger Terminal - NAS Oceana                                    | (757) 433-2260                               | -          |
| American Red Cross - EC NC   | (252) 335-2185/335-4232                      | -          |
| American Red Cross - Tidewater Chapter (Norfolk)                       | (757) 446-7756<br>Emergencies 1-877-272-7337 | -          |
| Auto Hobby Shop / Gear Issue/ MWR EC NC                                | (252) 335-6412                               | -          |
| Auto Hobby Shop /Woodworking/ Gear Issue - ISC Portsmouth              | (757) 483-8685                               | -          |
| Auto Hobby Shop Little Creek   | (757) 462-7339                               | -          |
| Auto Hobby Shop Norfolk  | (757) 444-1534                               | -          |
| Auto Hobby Shop Oceana   | (757) 433-3403                               | -          |
| Auto Hobby Shop Portsmouth   | (757) 396-5871                               | -          |
| BEQ - US MCSFTCO Barracks  | (757) 421-8100                               | -          |
| BEQ NW - Navy  | (757) 421-8282/8283                          | -          |
| BEQ USCG CAMSLANT  | (757) 421-6236                               | -          |
| Base Operator - NAB Little Creek, NAVSTA Norfolk, NAS Oceana           | (757) 444-0000/0111 Automated System         | -          |
| Bowling Center - MWR NW  | (757) 421-8267                               | -          |
| CG Area Housing Office, ISC Portsmouth                                 | (757) 686-4082                               | -          |
| Chaplain Office NW   | (757) 421-8204/8205                          | -          |
| Child Development Center (CDC), NW                                     | (757) 421-8266/8739                          | -          |
| Combined Bachelor Quarters NW - BOQ/BEQ                                | (757) 421-8282/8283/8793                     | -          |
| Dental Clinic -CAPT William L. McGonagle Branch Medical/ Dental Clinic | (757) 421-8225/8652                          | -          |
| Emergency Fire & Ambulance - NSA NW & Chesapeake                       | 911  | -          |
| Exceptional Family Member Program POC                                  | (757) 953-5833                               | -          |
| Fire & Ambulance - Hickory Fire Department                             | (757) 421-7568                               | -          |
| Fitness Center NW  | (757) 421-8263                               | -          |
| Fleet and Family Support Center NW                                     | (757) 421-8770                               | -          |
| Galley, NW   | (757) 421-8276/8377/8331                     | -          |
| Gear Issue - Little Creek  | (757) 462-7516                               | -          |
| Gear Issue - Oceana  | (757) 433-3215                               | -          |
| Gear Issue - Portsmouth  | (757) 396-5871                               | -          |
| Gear Issue / Hobby Shop EC NC  | (252) 335-6412                               | -          |
| Gymnasium - NW   | (757) 421-8303                               | -          |

|   |   |                    |
|---|---|--------------------|
| Hospital - Albemarle EC NC  | (252) 335-0531  | -                  |
| Hospital - Chesapeake General Hospital                                  | (757) 547-8121  | -                  |
| Hospital - Portsmouth Naval Medical Center                              | (757) 953-5000 or for Patient info (757) 953-5002         | -                  |
| Household Goods Helpline  | 1-800-444-7789  | -                  |
| Housing Office - CG HR Area   | (757) 686-4082  | -                  |
| Housing Office - USCG CAMSLANT  | (757) 421-6289  | -                  |
| Housing Office - USCG EC NC   | (252) 331-1834/1962                                       | -                  |
| Information and Referrals   | 444-NAVY or 1-800-FSC-LINE                                | -                  |
| Information, Tickets & Tours NW (ITT)                                   | (757) 421-8628  | -                  |
| Joint Forces Singles Center NW  | (757) 421-8107  | -                  |
| Mail Room NW  | (757) 421-8216  | -                  |
| Mariner Community Center (All Hands), NW                                | (757) 421-8250/8251                                       | -                  |
| Medical Clinic - CAPT William L. McGonagle Branch Medical/Dental Clinic | (757) 421-8220/8221                                       | -                  |
| Military Pay Inquiries Line   | 1-800-346-3374  | -                  |
| Moral, Welfare, and Recreation Office USCG EC                           | (252) 335-6397  | -                  |
| Moral, Welfare, and Recreation Office (MWR), NW                         | (757) 421-8260  | -                  |
| NSA Norfolk, Northwest Annex Quarterdeck - Base Operator                | (757) 421-8000  | -                  |
| Navy Campus Center, Norfolk   | (757) 444-7453/7454/7020                                  | 564-7452/7454/7020 |
| Navy Campus Center, Oceana  | (757) 433-3129  | -                  |
| Navy Exchange (NEX) NW  | (757) 421-8254  | -                  |
| Navy Federal Credit Union - Lascara Branch                              | (757) 858-6430  | -                  |
| Navy Federal Credit Union - Local Mortgage Service, Lascara Branch      | (757) 858-6450 or 1-800-368-3657                          | -                  |
| Navy Federal Credit Union - NAVSTA Norfolk Branch                       | (757) 423-2982 or ATM Locations 1-800-656-7676            | -                  |
| Navy Housing Welcome Center - Regional Center Norfolk                   | (757) 445-2832 or 1-800-628-7510                          | -                  |
| Navy Housing Welcome Center NW  | (757) 421-8280/8281                                       | -                  |
| Navy-Marine Corps Relief Society - Main Branch Norfolk                  | (757) 423-8830<br>Emergency/After-hours<br>(757) 444-NAVY | -                  |
| Navy-Marine Corps Relief Society - Oceana                               | (757) 425-5789  | -                  |
| Navy-Marine Corps Relief Society NW                                     | (757) 421-8204  | -                  |
| Non-emergency Fire Dept. NW   | (757) 421-8244  | -                  |
| POV - Incoming Automobile   | (757) 465-1107 or 1-800-810-7480                          | -                  |
| Pass & ID NW  | (757) 421-8123  | -                  |

|   |                                  |   |
|---|----------------------------------|---|
| Personal Property Shipping Office (Navy)                      | (757) 443-3700 or 1-877-619-8596 | - |
| Personal Support Detachment (PSD)- Team 2 Oceana for NW       | (757) 433-2756                   | - |
| Physical Security Northwest                                   | (757) 421-8181                   | - |
| Post Office NW  | (757) 421-8259                   | - |
| Public Affairs Northwest Site Representative                  | (757) 836-1862                   | - |
| Public Works NW   | (757) 421-8239/8240              | - |
| Quarterdeck NW  | (757) 421-8000                   | - |
| Regional Child Care Referral Information                      | (757) 444-7420                   | - |
| Regional Child Care Waiting Lists                             | (757) 444-3670                   | - |
| Skeet and Trap- Oceana  | (757) 433-2875                   | - |
| Stables - Oceana  | (757) 433-3266                   | - |
| Swimming Pool NW - MWR  | (757) 421-8268                   | - |
| TRICARE Service Center  | 1-800-931-9501                   |   |
| Travel - Leisure - SATO                                       | (757) 440-9530                   | - |
| Travel -Official - Commercial<br>Travel Office NAVSTA Norfolk | (757) 440-0623                   | - |
| Youth Center NW   | (757) 421-8258/8004              | - |

## Major Unit Listing

For more information on this subject:  
<http://www.nsa-norva.navy.mil/>

NSA Norfolk, Northwest Annex hosts several tenant commands and personnel from all services. Military

members from foreign NATO countries serve on the base as well.

When calling a tenant command, remember that the area code is 757, unless otherwise noted. DSN access to the base is gained by dialing 564-1336 and asking for the extension, which is the last four digits of the commercial phone number. The DSN country code is 312.

### Major Unit Listing

| <i>Unit</i>   | <i>Command</i>                             | <i>Point of Contact</i>                               | <i>Commercial</i>  | <i>DSN</i> | <i>Fax</i>     |
|---|--|---|--|------------|----------------|
| CAPT William L. McGonagle Branch Medical/ Dental Clinic                                 | BDC NW                                     | Dental Clinic   | (757) 421-8225   |            | (757) 421-8253 |
| CAPT William L. McGonagle Branch Medical/ Dental Clinic                                 | BMC NW                                     | Medical Clinic  | (757) 421-8220   |            | (757) 421-8288 |
| Center for Anti-Terrorism, Naval Security Forces  | CATNSF                                     | Course Manager/24 Hour Watch                          | (757) 421-8059/<br>(757) 462-7000  |            |                |
| Fleet Surveillance Support Command  | FLTSURVSU PP COM NORTHWEST                 | Admin   | (757) 421-8472   |            | (757) 421-8429 |
| NATO Satellite Ground Terminal F-3  | NSU SGT F3                                 | Watch Officer   | (757) 421-3838/8310  |            | (757) 421-8311 |
| Naval Computer Telecommunications Area Master Station Satellite Communications Facility | NCTAMS SATCOMMFAC/NAVSAT COMMFAC NORTHWEST | Operations Deck                                       | (757) 421-8300/8301/8147   |            | (757) 421-8325 |
| Naval Security Group Support Detachment Chesapeake                                      | NAVSEC GRUSUPP DET Chesapeake              | Quarterdeck   | (757) 421-8127   |            |                |
| TETON IMD East  | TETON                                      | Quarterdeck   | (757) 421-8586   |            |                |
| USCG Communications Area Master Station Atlantic  | COGARD CAMSLANT                            | Quarterdeck   | (757) 421-6200/6240 or 1-800-742-8519                                      |            | (757) 421-6264 |
| USCG Maritime Safety and Security Team  | MSST                                       | Quarterdeck   | (757) 421-1614   |            |                |
| USCG Tactical Law Enforcement Team  | TACLET North                               | Quarterdeck   | (757) 421-1800 / (757) 421-1918  |            |                |
| USMC Security Force Training Company  | US MCSFTC                                  | Academics Quarterdeck, Admin, or Barracks Quarterdeck | (757) 421-8582, (757) 421-8557/8558/8559/8554/8555/8556, or (757) 421-8100 |            | 421-8560       |

## Transportation

For more information on this subject:  
Hampton Roads Transit (HRT)  
<http://www.hrtransit.org>

**ON-BASE TRANSPORTATION:** While there is no base shuttle, a recreation shuttle that picks passengers up at the Mariner Community Center/ The JOINT on Fri., Sat., and Sun. The Liberty/ ITT Shuttle makes several stops around the city, including the Lynnhaven Mall and the Virginia Beach Ocean Front. A stop at the Norfolk International Airport or other site can be requested. Bus schedules are extended to accommodate holidays, when appropriate. Contact ITT at (757) 421-8628 for more information.

See MORALE, WELFARE, and RECREATION in the SUPPORT SERVICES section for more information.

### LOCAL TRANSPORTATION

**BUSES:** The closest bus stop for the local bus system, HRT, is approximately 14 miles north of the base at the Great Bridge Shopping Center. From there, buses can be caught to Chesapeake, Norfolk, Virginia Beach, and Portsmouth. Local buses stop at the Liberty/ ITT shuttle drop-off points. Information for specific routes can be found at the HRT website.

**TAXIS:** A list of taxis is posted at the Mariner Center, bowling alley, US MCSFTC barracks, and the gym. A taxi ride to Virginia Beach costs around \$50 - \$65.

**AMTRAK:** Amtrak offers service out of Newport News (about 75 minutes north of NSA Norfolk, Northwest Annex). Washington, DC is a 3-hour train ride from the Amtrak station in Newport News, VA. Connections can be made for destinations throughout the country.

**AIRPORTS:** The Hampton Roads area is served by two (2) international airports: Newport News/ Williamsburg International Airport and Norfolk International Airport, as well as the Mobility Air Commands (AMCs) at Langley AFB and NAS Norfolk.

The PENINSULA is served by the Newport News/ Williamsburg International Airport, which is located in Newport News (about 2 hours north of NSA Norfolk, Northwest Annex) and offers service by

AirTran Airways, US Airways/ US Airways Express, and Delta.

The TIDEWATER Area is serviced primarily by the Norfolk International Airport; about a 1-hour drive north of NSA Norfolk, Northwest Annex. Norfolk International Airport offers service by American, American Eagle, Continental, Delta, Northwest, Southwest, United, United Express, US Airways, and US Airways Express airlines.

For the recreational pilots there are several municipal airports in the area including Chesapeake and Suffolk. Fort Eustis, Newport News allows private planes as well. Chesapeake Municipal Airport has a flying club whose members frequent Kitty Hawk, NC, and other nearby cities.

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| <b>Name:</b> Hampton Roads Transit   |
| <b>POC:</b> HRT  |
| <b>City:</b> Hampton Roads, VA   |
| <b>Phone:</b> (757) 222-6100   |
| <b>WWW Link:</b> <a href="http://www.hrtransit.org">http://www.hrtransit.org</a>   |
| <b>Comments:</b><br>Lost and Found (757) 222-6100<br>HOV/Rideshare Information (TRAFFIX) 1-800-700-RIDE<br>TDD for hearing impaired or after hours (757) 222-6055<br>ADA Information (757) 222-6005<br>Complaints and Compliments (757) 222-6036 |

|  |
|--|
| <b>Name:</b> Liberty/ITT Shuttle               |
| <b>POC:</b> MWR                                |
| <b>Phone:</b> (757) 421-8628 or (757) 421-8104 |

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|--|
| <b>Name:</b> Newport News - Williamsburg   |
| <b>POC:</b> International Airpor   |
| <b>City:</b> Newport News, VA  |
| <b>WWW Link:</b> <a href="http://www.nnwairport.com">http://www.nnwairport.com</a> |

|  |
|--|
| <b>Name:</b> Norfolk   |
| <b>POC:</b> International Airpor   |
| <b>City:</b> Norfolk, VA   |
| <b>WWW Link:</b> <a href="http://www.norfolkairport.com">http://www.norfolkairport.com</a> |

## Commissary and Exchange Operations

For more information on this subject:  
Navy Exchange Service  
<http://www.navy-nex.com/>

Commissary and Exchange Operations

**COMMISSARY:** There is no commissary at NSA Norfolk, Northwest Annex. Many personnel use the NAS Oceana commissary, which is about 30-miles away. The Norfolk Naval Shipyard commissary, at Scott Annex, is smaller, and is also about 30 miles away, in Portsmouth. The NAVSTA Norfolk commissary is about a 35 mile drive north from NSA Norfolk, Northwest Annex.

**EXCHANGE:** The NSA Norfolk, Northwest Annex Navy Exchange (NEX) is small but efficient. It offers dry cleaning, photo development, nametag embroidery, check cashing, and ordering services. The NEX carries staple food items, sundries, electronics, gifts, and other standard items. Please bring special requests to the attention of the NEX Manager, who will try to provide whatever is needed. The NEX also operates a small uniform shop, gas station, and package store.

**AUTO REPAIR:** There are several auto/hobby/gear issue facilities in the area. The closest facilities to Northwest are located at Scott Annex, Portsmouth or CG Air Station Elizabeth City, NC.

|   |
|---|
| <b>Name:</b> Auto Hobby Shop/ Gear Issue  |
| <b>Comments:</b><br>Auto Hobby Shops<br>Scott Annex, Portsmouth (757) 396-5871<br>Oceana (757) 433-3403<br>Little Creek (757) 462-7339<br>Norfolk (757) 444-1534<br>Yorktown (757) 8897-4602<br>ISC Portsmouth (757) 483-8685<br>Elizabeth City (252) 335-6412<br><br>Gear Issue<br>Scott Annex, Portsmouth (757) 396-5871<br>Oceana (757) 433-3215<br>Little Creek (757) 462-7516<br>Yorktown (757) 887-4602<br>ISC Portsmouth (757) 483-8685<br>Elizabeth City (252) 335-6412 |

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|--|
| <b>Name:</b> Navy Commissary   |
| <b>Comments:</b><br>NAS Oceana - Virginia Beach (757) 422-9397<br>NAVSTA Norfolk - Norfolk (757) 423-8286<br>Norfolk Naval Shipyard, Scott Annex - Portsmouth (757) 397-8878 |

|  |
|--|
| <b>Name:</b> Navy Exchange   |
| <b>Comments:</b><br>NAVSTA Norfolk - Norfolk (757) 440-2000<br>NSA Norfolk, Northwest Annex - Chesapeake (757) 421-8254<br>Norfolk Naval Shipyard, Scott Annex - Portsmouth (757) 397-2220<br>NAS Oceana - Virginia Beach (757) 425-4200 |

## Local Community

### Local Community Overview

For more information on this subject:  
City of Chesapeake  
<http://www.chesapeake.va.us>

#### Local Community

#### WELCOME TO HAMPTON ROADS!

Hampton Roads is the nation's 27th largest metropolitan, with over 1.5 million people. The term "Hampton Roads" refers not to one central city, but to a region comprised of nine cities and three counties. Those on the "Peninsula" north of the James River are Williamsburg, Poquoson, Hampton, Newport News, James City County, York County, and Gloucester County. Those on the "Southside or Tidewater" are Virginia Beach, Norfolk, Portsmouth, Chesapeake, and Suffolk. To confuse things further, the region is often referred to as the Tidewater Area.

#### Local Community Overview

#### CHESAPEAKE

For more information on this subject: Visit the City of Chesapeake's official website listed in the following addresses.

Chesapeake is a fast growing, family oriented city, with a population of 208,799 as of July 2003, and cited as one of the fastest growing cities in Virginia. The City covers 353 square miles; it is the 2nd largest city in land area in Virginia. Chesapeake was ranked the 4th safest city (based on population) in the nation and the safest city in Virginia (FBI). It was also ranked one of the top ten "Best Cities for Women" in Ladies' Home Journal Magazine, April 2001. Chesapeake was highlighted in 50 Fabulous Places To Raise a Family. There are many Public Schools in Chesapeake: 28 Primary/ Elementary/ Intermediate Schools; 10 Middle Schools; 6 High Schools, and 3 Centers for Special Programs.

Chesapeake has more miles of deepwater canals than any other city in the country, and boasts access to the Intracoastal Waterway. Chesapeake is the home of the historic Dismal Swamp Canal, first envisioned by George Washington in 1763. The Dismal Swamp Canal is now listed on the National Registry of Historic Places and is a part of the Atlantic Intracoastal Waterway. Chesapeake shares the Great Dismal Swamp Wildlife Refuge (54,133 acres) with Suffolk, the largest city in land area in Virginia. The Northwest River Park (763 acres), namesake for NSA Norfolk, Northwest Annex is about 7 miles away.

Chesapeake is centrally located in the Hampton Roads region and is well linked to other Hampton Roads cities and towns through an extensive interstate and state highway system. Interstate highways I-64, I-264, I-464, I-564, and I-664 directly serve Chesapeake. Additionally, U.S. Route 13 connects Chesapeake to the Eastern Shore. U.S. Route 58 connects Chesapeake to the north-south highways of I-95 and I-85 west of the city. Highways 17 and 168 connect Chesapeake with Elizabeth City, (in the south) and Portsmouth and Norfolk (to the north.) (Source: Chesapeake City Website, 2001)

Chesapeake is made up of farms and farmettes, old neighborhoods, and planned communities, with plenty of affordable housing. The following areas in Virginia house most of the NSA Norfolk, Northwest Annex families not living in base housing: Chesapeake: Hickory, Deep Creek, Western Branch, Great Bridge, Greenbrier, and Churchland; Virginia Beach: Kempsville and Centerville, Portsmouth: Churchland. Moyock and Elizabeth City, North Carolina are good alternatives.

#### A BRIEF HISTORY OF CHESAPEAKE AND NEARBY NORTH CAROLINA

Chesapeake was once the site of Chesapeake Indian settlements and was named for the Chesapeake Indian word meaning "Mother of Waters," referring to the Chesapeake Bay. The first English settlement was established around 1620 on the banks of the Elizabeth River, and when it was designated as Norfolk County, in 1636 it was one of the largest settlements in the colonies. With fertile soils and plentiful water, it provided produce, as it still does, for surrounding areas. The Great Dismal Swamp, located in southwest Chesapeake, was rich with wildlife for hunting and contained the cypress trees, which provided wood for shingles and draft-boats. The Great Dismal Swamp Canal, the oldest in the nation, is still in use and is a part of the Intracoastal Waterway.

Chesapeake played an important role in the Revolutionary War. The Battle of Great Bridge (the first victory for America during the Revolution) was fought near the center of the city, and many Chesapeake plantations "hosted" union troops during the Civil War occupation.

On 1 January 1963, Chesapeake became a city through the merger of South Norfolk and Norfolk County (founded in 1636). Since then, Chesapeake has prospered and become a favorite community for businesses and families.

#### CURRITUCK COUNTY, NC

Currituck County, North Carolina, founded in 1670; (Currituck Indian for "Land of the Wild Goose") was home to one of the five original ports with direct access to the Atlantic Ocean. The 8th fastest growing county in North Carolina, it is a successful farming community, which devotes over 25% of its land to agricultural pursuits. From May to September, fresh fruits and vegetables, such as strawberries, peaches, cantaloupe, watermelon, corn, tomatoes, broccoli, and asparagus are available at roadside markets throughout the county. New residents will enjoy exploring the many historical sites.

Currituck County has over 22 miles of beaches along the Atlantic Ocean, as well as sounds, rivers, and creeks including: Currituck Sound, Albemarle Sound, North River, Northwest River, North Landing River, and the Intracoastal Waterway. The county's northern border is the Virginia State line, which includes part of NSA Norfolk - Northwest Annex.

#### NORFOLK

Norfolk Naval Base is the geographic center of the Tidewater region and often acts as the Hub of military activities. The base is homeport for over 115 ships. It is not unusual to see aircraft carriers and guided missile cruisers sharing the city's busy harbor with pedestrian ferries, sailboats, and commercial ships. These vessels regularly glide by the one-mile square downtown area that is the financial and legal center of southeastern Virginia and northeastern North Carolina.

From the proud 23-story Norfolk Waterside Marriott and Waterside Convention Center to the exciting world class Nauticus and the USS Wisconsin which are attractions on Norfolk's waterfront, to the renovated community of Ocean View and the Tides' baseball stadium, Harbor Park, Norfolk shows how



strongly it's focused on retaining and improving its ranking as ONE OF THE TOP TEN MOST LIVABLE AREAS IN THE COUNTRY.

Housing opportunities in Norfolk and its downtown area offer a variety not easily found in a younger city. Norfolk offers a tasteful mixture of the 18th century and Victorian architectural styles in its Ghent District and along Mowbray Arch. It is a city of established neighborhoods, new housing developments, waterfront property, modern condominiums and townhouses, historic row houses, beach cottages, and new homes in virtually every style and price range. Norfolk's neighborhoods offer variety and hold the true meaning of "neighborhood". Many of the neighborhoods, such as Larchmont, Colonial Place, and Ghent, are comprised of tree-lined streets, schools, churches, parks, and libraries. Norfolk is a popular choice for families of all ages.

The city is a home to the arts with several museums and historic houses, including the Chrysler Museum, one of the nation's top art museums. The Virginia Opera Company and symphony have recently moved into a beautiful new facility, the Harrison Opera House; the highlights of a recent opening season were performances of Norma, Don Giovanni, and a gala opening night featuring performances by the stars of the Metropolitan Opera of New York City. Wells Theater is the historic home of the Virginia Stage Company, while Chrysler Hall is the host of a variety of major theatrical and musical productions

Nauticus is a futuristic marine science museum that opened July 1994. Located on the waterfront in downtown Norfolk, it houses maritime and naval museums, weather simulators that can recreate a hurricane before your very eyes, and a close up view of life at sea. Visitors have the chance to try landing a jet fighter on the deck of a carrier, participating in combat on an Aegis destroyer, and trying their hands at many other interactive exhibits. Nauticus is a focal point for the marine science community, with research vessels pulling alongside at its pier and offering not only their knowledge to Nauticus but tours of the vessels to its visitors. Nauticus also houses the Hampton Roads Naval Museum.

## PORTSMOUTH

Just take the ferry from Norfolk across the Elizabeth River and you will disembark at Portside, Portsmouth's waterfront marketplace with its brightly striped awnings and its shops, restaurants, and parks. Nearby is the revitalized 18th century neighborhood, Olde Towne, characterized by quaint winding streets,

window boxes, cobblestones, and bed-and-breakfast inns. Olde Towne has the largest concentration of restored 18th century properties between Alexandria, Virginia, and Charleston, South Carolina.

However, there is much more to Portsmouth than festival marketplaces and colonial homes. An aggressive public/ private economic development effort has resulted in projects like Port Center, a 70-acre business park being marketed to high tech industries, government contractors, and professional firms. Such centers will complement the gigantic ship repair industry, which has been the major economic anchor of the city since its founding as Gosport Yard during the colonial period. Norfolk Naval Shipyard, located here is the largest ship repair facility in the U.S.

To the west, a new concentration of business activity is flourishing in the Churchland area of the city. Shopping centers, residential communities and suburban-style businesses stand to benefit from the Monitor-Merrimac Bridge Tunnel between Newport News and Suffolk.

The influence of the military is as strong in Portsmouth, as it is in other Hampton Roads cities. Portsmouth Naval Hospital's, Charette Health Care Center is now the largest Naval Medical Facility on the East Coast. The US Coast Guard has consolidated East Coast units at a major facility in Portsmouth, Integrated Support Command (ISC) Portsmouth. (Source: This is Hampton Roads 1997)

## SUFFOLK

Today Hampton Roads looks to Suffolk as the connector to the west, to northeastern North Carolina and as the future growth hot spot for the region. Already signs are there as major new industries in increasing numbers consider Suffolk's land-rich environment. More than 75 industries call Suffolk home. Future innovative, mixed-use developments such as the planned community, Harbor View, are regularly the topic of discussion among developers and planners. However, two-thirds of Suffolk's land area is still rural and used for agriculture purposes, which contributes to the 'big country' feel of the city. Only three percent of the workforce, however, is actually employed in farming, forestry, or fishing occupations; most are factory workers, technical workers, managers, and professionals.

Peanuts are Suffolk's largest crop. The city is Headquarters to Planters LifeSavers Company, which was established in 1912 and home to the four-day

annual Peanut Fest in the fall. Suffolk is proud of its agricultural heritage.

A major revitalization of the central business district of the city, the Main Street Program, has sought to preserve the downtown's small-town atmosphere and historic appeal. Combined with the business and residential boom anticipated now that the new bridge tunnel crossing to Newport News is open, Suffolk is poised on the brink of a new leadership era in Hampton Roads. (Source: This is Hampton Roads 1997)

## VIRGINIA BEACH

Virginia Beach is the most populated city in Virginia and one of the fastest growing cities in the nation. Located on Hampton Road's coastal plain, the city lays claim to 26 miles of Atlantic Ocean and Chesapeake Bay beaches. Its history dates back to the 1600's, when Captain John Smith, founder of the first English speaking colony in the New World, landed initially at Virginia Beach's Cape Henry.

Virginia Beach is best known as one of the finest resort cities in the world, with excellent beaches, fishing, and numerous other recreational activities. The most prominent landmark is its mile of oceanfront and bay beaches including a six-mile concentration of resort hotels, businesses, and beachfront homes.

Virginia Beach combines business resources with a lifestyle that is a pleasure in every season. It offers a wide selection of city-operated parks and scores of privately developed businesses, industrial and commercial centers. It boasts a competitive tax structure, a highly skilled, and affordable labor forces and is strategically located to all forms of transportation. Major sectors of the economy include tourism/conventions, agriculture, construction/real estate, retail and wholesale trade, business/industry, and the military. Virginia Beach is considered to have one of the finest school systems and parks and recreation systems in the state. Speaking of parks, near the central business district at Pembroke Mall is Mt. Trashmore, an innovative engineering wonder. Formed from an existing landfill, Mt. Trashmore is 68 feet high, 800 feet long and covered with clean soil. It is the scene of a myriad of recreation activities from sledding in the winter to kiting in the spring and fireworks on Independence Day. Two lakes, picnic areas, tennis courts, a skateboard ramp, basketball and volleyball courts and a soapbox derby track make

it the most visited city park in Hampton Roads. (Source: This is Hampton Roads 1997)

## HAMPTON

Nestled in the southeastern corner of the peninsula, Hampton has been nationally recognized for its public schools, crime prevention, anti-drug programs, and physical appearance. USA Today and Good Morning America reported that Hampton ranked seventh in the country for quality of life. Hampton lays claim to the first American Christmas, which was celebrated by Captain John Smith in 1609. Hampton has close ties with aviation and is home to Langley AFB, NASA Langley, the Virginia Air and Space Museum, a celebration of man in flight.

## NEWPORT NEWS

Located across the harbor, where the Chesapeake Bay meets the James River is the city of Newport News. The city's working waterfront is the home of Newport News Shipbuilding, the states second largest private employer, as well as the Newport News Marine Terminal, part of the Virginia Marine Terminal, providing access to a global market. The city's historic sites, museums, cultural, and recreational facilities complement the quality of life found in Newport News.

For more information on the community, local news, events, recreation, sports, real estate, jobs, and a whole lot more check out one of the websites listed below.

|  |
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| <b>Name:</b> The Daily Advance   |
| <b>City:</b> Elizabeth City, NC  |
| <b>Phone:</b> (252) 335-0841   |
| <b>WWW Link:</b> <a href="http://www.coxnews.com">http://www.coxnews.com</a> |

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|--|
| <b>Name:</b> The Daily Press   |
| <b>POC:</b> Peninsula newspaper  |
| <b>City:</b> Newport News, VA  |
| <b>Phone:</b> (757) 247-4600   |
| <b>WWW Link:</b> <a href="http://www.dailypress.com">http://www.dailypress.com</a> |

|  |
|--|
| <b>Name:</b> The Virginian-Pilot   |
| <b>POC:</b> Southside newspaper  |
| <b>City:</b> Norfolk, VA   |
| <b>Phone:</b> (757) 338-8123   |
| <b>WWW Link:</b> <a href="http://www.pilotonline.com">http://www.pilotonline.com</a> |

## Time Zone Chart

| <i>Location</i>                                     | <i>Adjustment<br/>for GMT</i> |
|---|-------------------------------|
| Pacific   | -8                            |
| Mountain  | -7                            |
| Central   | -6                            |
| <b>Eastern<br/>( NSA Norfolk, Northwest Annex )</b> | <b>-5</b>                     |
| Greenwich (United Kingdom)                          | 0                             |
| Central European (Germany)                          | 1                             |
| East Asia (Japan)                                   | 9                             |

## Climate

For more information on this subject:

Base closings in Hampton Roads

<http://www.cnrma.navy.mil/>

### Climate

Hot, humid summers and mild winters characterize Virginia's weather. During the spring, fall, and winter the temperature varies dramatically from day to day and year to year. The yearly rainfall averages 45.0 inches/year and yearly snowfall averages 7.5 inches a year.

Hampton Roads has a hurricane season, which officially starts 1 June and extends through 30

November. During this time, it is common for hurricanes or tropical storms to pass through the area, bringing strong winds and torrential rains. As storms are unpredictable, families should be prepared. Military personnel should become familiar with HAMPINST 3141.1, The Destructive Weather Plan which gives preparation and evacuation guidance. Recorded weather information can be obtained (24 hrs) by calling the Naval Atlantic Meteorology and Oceanography Center, NAVSTA Norfolk at (757) 444-7750 / DSN 564-7750. Check the websites for weather related closing.

(Average monthly high/low temperatures and average rainfall from [city-data.com/city/Chesapeake-Virginia](http://city-data.com/city/Chesapeake-Virginia) on December 29, 2003.)

## Climate

| <i>Month</i> | <i>High</i> | <i>Low</i> | <i>Humidity</i> | <i>Precipitation</i> |
|--------------|-------------|------------|-----------------|----------------------|
| January      | 47          | 32         | 75              | 4.2                  |
| February     | 50          | 33         | 75              | 3.6                  |
| March        | 58          | 40         | 74              | 4.3                  |
| April        | 67          | 48         | 74              | 3.5                  |
| May          | 75          | 58         | 77              | 4                    |
| June         | 83          | 66         | 79              | 3.8                  |
| July         | 87          | 71         | 81              | 5.4                  |
| August       | 85          | 70         | 84              | 5.0                  |
| September    | 79          | 64         | 84              | 4.3                  |
| October      | 69          | 52         | 83              | 3.7                  |
| November     | 61          | 43         | 79              | 3.1                  |
| December     | 52          | 36         | 76              | 3.3                  |

## Events Calendar

For more information on this subject:

Hampton Roads Information

<http://www.hamptonroads.com>

As a major summer vacation destination, Hampton Roads is chock full of events and activities. To keep you informed of local events, there are plenty of resources to guide you. Be sure to stop by the Visitor's Information Centers, area base Information, Tickets, and Tours Offices (ITT), MWR, and FFSC NW for brochures, guides, and information on

discount tickets. Local newspapers have sections listing current events and the weekly free paper "Port Folio" can be found in most stores.

Each city in the area has a website that has the current list of activities in their area, including information on Parks, Recreation, and Library programs. If you do not have Internet access, you may use the computer resources in the CDRC at any FFSC in Hampton Roads.

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| <b>Name:</b> Chesapeake, Virginia News & Events  |
| <b>POC:</b> 306 Cedar Road   |
| <b>City:</b> Chesapeake, VA 23322  |
| <b>Phone:</b> (757) 382-6241   |
| <b>FAX:</b> (757) 382-8538   |
| <b>E-Mail:</b> pubcomm@city.chesapeake.va.us   |
| <b>WWW Link:</b> <a href="http://www.chesapeake.va.us">http://www.chesapeake.va.us</a> |

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| <b>Name:</b> Elizabeth City Area Chamber of Commerce                           |
| <b>POC:</b> Events   |
| <b>City:</b> Elizabeth City, NC  |
| <b>Phone:</b> (252) 335-4365   |
| <b>WWW Link:</b> <a href="http://www.elizcity.com">http://www.elizcity.com</a> |

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| <b>Name:</b> Hampton, Virginia   |
| <b>POC:</b> Visitor Information  |
| <b>City:</b> Hampton, VA   |
| <b>Phone:</b> (757) 727-1102   |
| <b>WWW Link:</b> <a href="http://www.hampton.va.us">http://www.hampton.va.us</a> |

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| <b>Name:</b> Newport News, Virginia  |
| <b>POC:</b> Visitors   |
| <b>Address:</b> 700 Town Center Dr. Suite 320  |
| <b>City:</b> Newport News, VA 23606  |
| <b>DSN Phone:</b> VA (757) 926-1467  |
| <b>WWW Link:</b> <a href="http://www2.ci.newport-news.va.us/newport-news/index.asp">http://www2.ci.newport-news.va.us/newport-news/index.asp</a> |

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| <b>Name:</b> Norfolk, Virginia   |
| <b>POC:</b> Welcome  |
| <b>City:</b> Norfolk, VA   |
| <b>Phone:</b> (757) 664-4000.  |
| <b>WWW Link:</b> <a href="http://www.norfolk.va.us">http://www.norfolk.va.us</a> |

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| <b>Name:</b> Portsmouth, Virginia  |
| <b>POC:</b> Welcome  |
| <b>Address:</b> 801 Crawford Street  |
| <b>City:</b> Portsmouth, VA 23704-3822   |
| <b>Phone:</b> (757) 393-8000 or 1-800-PORTSVA  |
| <b>E-Mail:</b> woodamy@ci.portsmouth.va.us   |
| <b>WWW Link:</b> <a href="http://www.portsmouth.va.us">http://www.portsmouth.va.us</a> |

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| <b>Name:</b> Suffolk, Virginia   |
| <b>POC:</b> Local News   |
| <b>City:</b> Suffolk, VA   |
| <b>E-Mail:</b> <a href="mailto:INFO@city.suffolk.va.us">INFO@city.suffolk.va.us</a>                  |
| <b>WWW Link:</b> <a href="http://www.suffolk.va.us/home.html">http://www.suffolk.va.us/home.html</a> |

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| <b>Name:</b> Virginia Beach  |
| <b>WWW Link:</b> <a href="http://www.vbfun.com">http://www.vbfun.com</a> |

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| <b>Name:</b> Virginia Beach, Virginia  |
| <b>POC:</b> News & Events  |
| <b>City:</b> Virginia Beach, VA  |
| <b>Phone:</b> 1-800-VA BEACH   |
| <b>WWW Link:</b> <a href="http://www.virginia-beach.va.us">http://www.virginia-beach.va.us</a> |

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| <b>Name:</b> Visitors Guide Network                                      |
| <b>WWW Link:</b> <a href="http://www.vgnet.com">http://www.vgnet.com</a> |

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| <b>Name:</b> Yorktown, York County, Virginia                                       |
| <b>POC:</b> Local Tourism  |
| <b>Address:</b> P O Box 532<br>224 Ballard Street                                  |
| <b>City:</b> Yorktown, VA 23690-0532   |
| <b>Phone:</b> (757) 890-3300   |
| <b>FAX:</b> (757) 890-3315   |
| <b>E-Mail:</b> <a href="mailto:piofc@yorkcounty.gov">piofc@yorkcounty.gov</a>      |
| <b>WWW Link:</b> <a href="http://www.yorkcounty.gov">http://www.yorkcounty.gov</a> |

## Cultural Attractions

For more information on this subject:  
Hampton Roads Online  
<http://www.hamptonroads.com>

Although NSA Norfolk, Northwest Annex is rurally located, it is not far from cultural attractions. The "Port Folio Weekly" is a free publication that highlights many of the cultural events in Hampton Roads. It also lists and rates many of the eating establishments in its Dining Guide. Copies can be found in many area establishments, area supermarkets, and at FFSC NW. For the most current information on cultural attractions go to the city websites. If you do not have access to the Internet, you can go to any FFSC in Hampton Roads to use the computer resources in the CDRC.

## Recreation Opportunities

Recreational opportunities abound in the Hampton Roads area, with beaches, lakes, rivers, trails, campgrounds, and the Great Dismal Swamp. It is an outdoor enthusiast's dream. Local parks, libraries, community centers, camps, museums, and schools provide loads of entertainment for children.

There are no limits to the water-related fun available. Many MWRs rent seagoing vessels of all sizes and provide instruction, as well. Call MWR for availability. Jetskis and charter boats can be hired in Virginia Beach, or one can catch a dinner cruise or ferry on the Elizabeth River in downtown Norfolk. Festivals, competitions, parades, and regattas are held throughout the year honoring or celebrating the maritime activity of the area. The nearby Northwest River Park is a friendly neighbor, open all year for fishing, camping, hiking, and picnicking. Park rangers offer canoe trips, guided hikes, and outdoor courses in the summer. If you like horseback riding, NAS Oceana has stables where you can rent horses. Bikers will find plenty of opportunity, as Virginia Beach has many bike paths and clubs. Golfers will find a myriad of choices and some of the best courses around. The mild climate makes golf a favorite past time for most of the year.

AMC Space-A travel is widely used in this area - especially by single sailors. Be sure to investigate the possibilities! From NAS Norfolk, one can catch scheduled flights to Jacksonville, Philadelphia, Keflavik, Sigonella, Little Rock, Dover, Charleston, Memphis, and McGuire, among others. From NAS Oceana, unscheduled flights to Key West, Los Angeles, North Island, Pensacola, Roosevelt Roads, and other spots are available. Remember to visit the Visitors Information Centers throughout the area, as they provide discount coupons, self guided tours, restaurant, lodging and entertainment information, and welcome even the craziest questions! Visit the FFSCs to get information, maps, schedules of events, and plenty of ideas.

Leisure air travel arrangements can be made through SATO. When placing your ticket order, be sure to mention that you want to pick them up and pay for them at the NSA Norfolk, Northwest Annex Information Tickets & Tours (ITT) office.

See WEBSITES under LOCAL COMMUNITY for more information.

See MORALE, WELFARE AND RECREATION under the SUPPORT SERVICES section for more information.

See REGULATIONS under the INSTALLATION section for information on hunting and fishing licenses.

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| <b>Name:</b> Chesapeake Family YMCA     |
| <b>Address:</b> 1033 Greenbrier Parkway |
| <b>City:</b> Chesapeake, VA             |
| <b>Phone:</b> (757) 547-9622            |

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| <b>Name:</b> Greenbrier North YMCA       |
| <b>Address:</b> 2100 Old Greenbrier Road |
| <b>City:</b> Chesapeake, VA              |
| <b>Phone:</b> (757) 366-9622             |

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| <b>Name:</b> Hampton Roads   |
| <b>WWW Link:</b> <a href="http://www.hamptonroads.com">http://www.hamptonroads.com</a> |

## Military Related and Civic Organizations

Hampton Roads is the retirement choice for many military families. Camaraderie and friendship can be found in a number of associations in the area. There are branches of many associations, lodges, and clubs in this area including Elks, Moose, Rotary, Ruritan, Masonic, Jaycee's, American Legion, League of Women Voters, Knights of Columbus, and more. Please check the Yellow Pages under "Clubs," "Associations," "Labor Organizations," "Religious Organizations," "Social Services Organizations," or "Youth Organizations."

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| <b>Name:</b> Disabled American Veterans Chapter 26 |
| <b>Address:</b> 1012 Crowell Avenue                |
| <b>City:</b> Chesapeake, VA                        |
| <b>Phone:</b> (757) 545-5679                       |

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| <b>Name:</b> Fleet Reserve Associations   |
| <b>Comments:</b><br>Branch 40<br>4060 South Military Highway<br>Chesapeake, VA<br>(757) 487-2455<br>Branch 99<br>357 Edwin Drive<br>Virginia Beach, VA 23462<br>(757) 499-6650<br>Fleet Reserve Association Inc<br>918 Greenleaf Street<br>Elizabeth City, NC<br>(252) 335-1165 |

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| <b>Name:</b> Non-Commissioned Officers Association |
| <b>Address:</b> 5 Koger Executive Center           |
| <b>City:</b> Norfolk, VA                           |
| <b>Phone:</b> (757) 466-0707                       |

## Shopping

There are plenty of places to shop in the area, most within a forty-five minute drive. Many area department stores (the larger ones) offer military discounts, usually around 10% of the sale, but only if requested.

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| <b>Name:</b> Closest Shopping and Services to NSA Norfolk, Northwest Annex  |
| <b>Comments:</b><br>STORES<br>COMMISSARY: NAS Oceana and NAB Little Creek (32 miles), NAVSTA Norfolk (35 miles), Norfolk Naval Shipyard, Scott Annex, Portsmouth (30 miles)<br>GROCERY: Little Earl's (9 miles/VA), Food Lion (6 miles/NC)<br>CONVENIENCE: NEX (on base), 7-11 (3 miles)<br>MALL: Greenbrier Mall (20 miles/VA)<br><br>VIDEO RENTAL: NEX (on base)<br>GAS STATION: NEX - CITGO (on base), Texaco (4 miles/VA), Border Station (4.5 miles/NC), Southland (5 miles/NC), CITGO (5.5 miles/NC)<br>SERVICE STATION: Stateline Honda (4.5 miles/NC)<br><br>PLACES TO EAT:<br>ON BASE: Mariner Center, Bowling Alley, and Galley<br>OFF BASE: Captain Franks's (3 miles/VA), Border Station/Dairy Queen (4.5 miles/NC), Southland (5 miles/NC), Subway - 5.5 miles/NC), Hardees (6 miles/NC), Burger King/Mr. Lu/Gazella's (7 miles/NC), and Hardees (7 miles/VA).<br><br>PARK: Northwest River Park (11 miles/VA) |

## State and Community Social Service Agencies

Each local community has a host of services for individuals and families in need. For further assistance locating additional services or targeting organizations to meet your needs, please call the Information and Referral Specialist at FFSC NW, (757) 421-8770.

Below you will find information for Chesapeake, Virginia Beach, Pasquotank County and Currituck County, NC Social Services. Check the city listings in the blue pages of the local phone book for other area social service agencies.

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| <b>Name:</b> Chesapeake Social Services   |
| <b>Address:</b> 100 Outlaw Street   |
| <b>City:</b> Chesapeake, VA   |
| <b>Phone:</b> (757) 382-2000  |
| <b>Comments:</b><br>For information on food stamps call (757) 382-2000<br>For information on WIC call (757) 382-8608. |

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|---|
| <b>Name:</b> Currituck County Social Services   |
| <b>Address:</b> P.O. Box 99, Highway 168  |
| <b>City:</b> Currituck, NC  |
| <b>Phone:</b> (252) 232-3083  |
| <b>Comments:</b><br>For information on food stamps call (252) 232-3083<br>For information on WIC call (252) 232-2114. |

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| <b>Name:</b> Pasquotank County Social Services                      |
| <b>Address:</b> 709 Roanoke Avenue                                  |
| <b>City:</b> Elizabeth City, NC 27909                               |
| <b>Phone:</b> (252) 338-2126  |
| <b>Comments:</b><br>For information on WIC call (252) 338-4444/4443 |

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| <b>Name:</b> Virginia Beach Social Services  |
| <b>Address:</b> 3432 Virginia Beach Blvd.  |
| <b>City:</b> Virginia Beach, VA  |
| <b>Phone:</b> (757) 437-3200   |
| <b>Comments:</b><br>For information on food stamps call (757) 437-3200<br>For information on WIC call (757) 518-2789 |

## Non-Profit Social Service Agencies

There are numerous non-profit social service agencies in Hampton Roads for individuals and families in need. For further assistance locating additional services or targeting organizations to meet your needs, please call the Information and Referral Specialist at FFSC NW (757) 421-8770.

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| <b>Name:</b> Catholic Charities of Hampton Roads  |
| <b>Address:</b> 4855 Princess Anne Road   |
| <b>City:</b> Virginia Beach, VA 23462   |
| <b>Phone:</b> (757) 467-7707  |
| <b>Comments:</b><br>Services include counseling, adoption, child welfare, family life enrichment, community outreach, school assistance program, services for older adults, and advocacy. |

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| <b>Name:</b> Information Services Division of the Planning Council |
| <b>Phone:</b> (757) 625-4543 or 1-800-223-2086                     |
| <b>Comments:</b><br>Free and confidential referral network.        |

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| <b>Name:</b> Jewish Family Services, Inc.  |
| <b>City:</b> 23462   |
| <b>Phone:</b> (757) 459-4640   |
| <b>FAX:</b> (757) 459-4643   |
| <b>Comments:</b><br>Services include psychological and psychosocial evaluation, individual and family counseling, family support networks, case management, advocacy; home health and skilled care; hospice; and specialized outreach to the elderly, including emphasis on quality of life and personal affairs management. |

## Religious Activities

Churches play a very active part in community life in Chesapeake and you will not have any difficulty finding a place of worship. The Yellow Pages, the Sunday edition of the "Virginian-Pilot" and the local Chambers of Commerce provide extensive listings of places of worship. The NW Chapel offers a variety of worship services. For more information on NW Chapel, call (757) 421-8204.

## Community Transportation

NSA Norfolk, Northwest Annex residents will find it difficult without a car, as public transportation does not reach the base. The nearest stop made by Hampton Roads Transit (HRT) is 14 miles north at the Great Bridge Shopping Center. From there, connections can be made to all parts of the city, the beach, and area bases. While having a car is necessary, PLEASE take the time to stop by FFSC NW for some important tips on purchasing a car in Virginia.

MWR provides scheduled shuttle bus runs each weekend (Fri. - Sun. and holidays) for active duty personnel. The bus stops at the Greenbrier Mall, Lynnhaven Mall, and the Virginia Beach oceanfront. A stop at the Norfolk International Airport and other sites can be made upon request. Bus schedules are extended to accommodate holidays when appropriate. Shuttles depart from the Mariner Community Center/The Joint. For more information, call the ITT (757) 421-8628 or The Joint (757) 421-8107.

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| <b>Name:</b> AMTRAK Northeast  |
| <b>Address:</b> 9304 Warwick Blvd.   |
| <b>City:</b> Newport News, VA 23602  |
| <b>Phone:</b> 1-800-872-7245 1-800-USA-RAIL<br>(general information & reservations)  |
| <b>WWW Link:</b> <a href="http://www.amtrak.com">http://www.amtrak.com</a>   |
| <b>Proximity to site:</b> 45 miles   |
| <b>Comments:</b><br>Service to points throughout the country. A trip to Washington, DC runs \$40.00 - \$47.00 (with active duty discount) and takes about 4.5 hours. Southside riders can take a bus to the train station from the Holiday Inn, Waterside at Monticello and Brambleton Avenue, Norfolk. Return service is also available. This is a heavily used system so reservations are strongly recommended.<br>TTY/TTD 1-800-523-6590<br>ADA 1-877-268-7252<br>Reservations online at <a href="http://reservations.amtrak.com">reservations.amtrak.com</a> |

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| <b>Name:</b> Elizabeth City Regional Airport |
| <b>Address:</b> 2003 S. Croatan Hwy          |
| <b>City:</b> Elizabeth City, NC 27909        |
| <b>Phone:</b> (252) 335-5634                 |
| <b>Proximity to site:</b> 40 miles           |
| <b>Comments:</b><br>Private Aircraft.        |

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| <b>Name:</b> Hampton Roads Transit (HRT)  |
| <b>Phone:</b> (757) 222-6100  |
| <b>WWW Link:</b> <a href="http://www.hrtransit.org">http://www.hrtransit.org</a>  |
| <b>Comments:</b><br>HRT buses operate 7 days a week and provide service throughout Norfolk, Virginia Beach, Portsmouth, Chesapeake, and Suffolk, as well as Route #61 Crossroads bus service between the Southside and the Peninsula. Bus fares are \$1.50 for adults and children 38" tall or taller, \$.75 for seniors and persons with disabilities. Children under 38" tall ride free. Transfers are free. HRT also offers a variety of discounts and passes to suit your individual needs.<br><br>The Express Bus Service offers the fastest and easiest way to commute to Naval Base Norfolk. Express Bus service is available from several convenient Park & Ride lots. For more information on this service, call 1-800-700-RIDE. |

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| <b>Name:</b> Newport News-Williamsburg International                               |
| <b>POC:</b> Airport  |
| <b>City:</b> Newport News, VA  |
| <b>Phone:</b> (757) 877-0221   |
| <b>WWW Link:</b> <a href="http://www.nnwairport.com">http://www.nnwairport.com</a> |
| <b>Proximity to site:</b> 55 miles   |

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| <b>Name:</b> Norfolk International Airport   |
| <b>Address:</b> Exit 279, 2200 Norview Avenue  |
| <b>City:</b> Norfolk, VA   |
| <b>Phone:</b> (757) 857-3351   |
| <b>WWW Link:</b> <a href="http://www.norfolkaairport.com">http://www.norfolkaairport.com</a> |
| <b>Proximity to site:</b> 35 miles   |

## Education

### Education Overview

For more information on this subject:

Navy College Office

[http://www.navstanorva.navy.mil/COMMANDS/OTHER\\_ORG/COLLEGE/college.htm](http://www.navstanorva.navy.mil/COMMANDS/OTHER_ORG/COLLEGE/college.htm)

Chesapeake is known for having quality public schools, and there are plenty of quality private and church run schools as well. Home schooling is an option exercised by many families, and resources and guidance are available within the community. If you plan to home school your child, you must notify Chesapeake Public Schools, in writing, of your intent. For more information on the application process and the Board of Education requirements for home schooling, contact the Director of Student Enrollment at Chesapeake Public Schools. The "Bayith Educator: Hampton Roads Magazine for Homeschoolers" is a local publication for families that home school.

Adult education is available through several universities, Tidewater Community College (TCC), technical and trade schools, and the Adult Learning Centers in Chesapeake and nearby communities.

The State of Virginia is acutely aware of the number of non-residents in the state due to the presence of the military in Hampton Roads and government officials in the Washington, D.C. area. Although out-of-state tuition fees are waived for active duty service members, family members must establish domicile to do so. This requires one-year residency and the intent of establishing permanent domicile. Military residents applying to public colleges and universities as Virginia residents will find residence requirements particularly stringent. They are as follows:

In Virginia, married couples are considered to have the same domicile. If there is any question about it, the state of residence of the head of household will determine the state of residence for the entire household. If, in the case of a military family, the military sponsor is not a resident of the state of Virginia, then his dependents are considered non-residents, as well. If the spouse of a military person wants to establish residency, the spouse must have worked in Virginia for the last 12 months at a full-time job and have made at least \$10,300 gross income, show evidence of having filed and paid Virginia Income Tax, and have established voluntary ties; such as a Virginia voter registration, car registration, and driver's license.

Also, a student under 19 is considered to be a resident in his or her parent's state of residence. For a military family here, this means that the student will not be considered a state resident if his/her military sponsor, most likely the father, is not paying Virginia State Income Tax. A military dependent under the age of 19 can claim Virginia state residency if his/her mother meets the requirements and claims the student on her state and federal income tax.

If money is an issue, you may want to check with some of the out-of-state colleges that offer classes on the area military bases, they generally charge a flat fee are not bound by these VA state residency rules.

Active duty personnel interested in taking college courses and obtaining tuition assistance must submit a chit, obtain a Tuition Assistance form from their Division Training representative, and set up an appointment with the Navy College Representative at NAS Oceana. Personnel can attend Tuition Assistance and DD295 (Application for the Evaluation of Learning Experience During Military Service) briefs at one of the nearby Navy College offices.

Navy College offers CLEP/DANTES testing and exams are free of charge for active duty personnel, but can be administered for a fee for family members. In addition, a Navy College representative is available to assist students upon request. Personnel must submit a chit well in advance.



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| <b>Name:</b> Bayith Educator                   |
| <b>POC:</b> Cherie Moore                       |
| <b>Address:</b> 6070 Indian River Rd Suite 110 |
| <b>City:</b> Virginia Beach, VA 23464          |
| <b>Phone:</b> (757) 523-4965                   |
| <b>E-Mail:</b> bayith@assure.net               |

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| <b>Name:</b> Chesapeake Public Schools |
| <b>City:</b> Chesapeake, VA, VA        |
| <b>Phone:</b> (757) 547-0153           |

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| <b>Name:</b> Great Schools   |
| <b>WWW Link:</b> <a href="http://www.greatschools.net">http://www.greatschools.net</a> |

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| <b>Name:</b> Navy College Offices  |
| <b>WWW Link:</b> <a href="https://www.navycollege.navy.mil/">https://www.navycollege.navy.mil/</a>               |
| <b>Comments:</b><br>NAS Oceana (757) 433-3129<br>NAB Little Creek 757) 462-8279<br>NAVSTA Norfolk (757) 444-7090 |

## Public and DODDS Schools

For more information on this subject:  
Virginia Department of Education  
<http://www.pen.k12.va.us>

For more information and/or to request an enrollment package stop by, write, or call the public school in your area. Check web site for schools hours.

REGISTRATION: New residents, new students, and those transferring within the school system should register students as soon as possible at the school, which serves your community. To enter kindergarten a child must be 5 years old on or before September 30. Further information is available at each public school or by calling the School Central Administration Office.

IMMUNIZATIONS: Virginia law requires all public school students to be immunized against diphtheria, hepatitis "B", tetanus, whooping cough, polio, measles, German measles, and mumps. Parents of kindergartners or students new to Virginia must fill out a School Entrance Physical Examination and Immunization Certificate before enrolling their child. Specific dates of immunizations must be included. The form is available from most physicians, the Virginia Health Department, or any school office and must be returned to the school.

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| <b>Name:</b> Chesapeake Public Schools  |
| <b>POC:</b> Central Administration  |
| <b>Address:</b> P.O. Box 16496  |
| <b>City:</b> Chesapeake, VA 23328   |
| <b>Phone:</b> (757) 547-0153  |
| <b>FAX:</b> (757) 547-0279  |
| <b>E-Mail:</b> <a href="mailto:webmaster@cps.k12.va.us">webmaster@cps.k12.va.us</a>   |
| <b>WWW Link:</b><br><a href="http://eclipse.cps.k12.va.us/public/index.htm">http://eclipse.cps.k12.va.us/public/index.htm</a>   |
| <b>Comments:</b><br>For information on Chesapeake Public Schools, you can contact Mr. Tom Cupitt, Ombudsman/Public Information Officer at (757) 547-1033.<br><br>The school administration building is located at 312 Cedar Road, in the Great Bridge area of Chesapeake, VA. |

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| <b>Name:</b> Currituck County Public Schools  |
| <b>POC:</b> Public Information for Schools  |
| <b>Address:</b> 2958 Caratoke Highway<br>P.O. Box 40  |
| <b>City:</b> Currituck, NC 27929  |
| <b>Phone:</b> (252) 232-2223  |
| <b>WWW Link:</b> <a href="http://www.currituck.k12.nc.us">http://www.currituck.k12.nc.us</a>  |
| <b>Comments:</b><br>The communities of Barco, Currituck, Knotts Island, Maple, Moyock, and Poplar Branch, among others, fall under the jurisdiction of the Currituck County Schools. The central administration office is located in the town of Currituck. |

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| <b>Name:</b> Elizabeth City/Pasquotank County Public Schools  |
| <b>POC:</b> School-Community Relations  |
| <b>Address:</b> Halstead Blvd.  |
| <b>City:</b> Elizabeth City, NC 27909   |
| <b>Phone:</b> (252) 335-2981  |
| <b>FAX:</b> (252) 335-0974  |
| <b>E-Mail:</b> <a href="mailto:ecpps_pio@mindspring.com">ecpps_pio@mindspring.com</a>                                 |
| <b>WWW Link:</b> <a href="http://www.ecpps.com">http://www.ecpps.com</a>  |
| <b>Comments:</b><br>The central administration office is located on Halstead Blvd. in Elizabeth City, North Carolina. |

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| <b>Name:</b> Great Schools   |
| <b>WWW Link:</b> <a href="http://www.greatschools.net">http://www.greatschools.net</a>   |
| <b>Comments:</b><br>Objective source of school information on elementary, middle and high schools. A nonprofit organization, GreatSchools.net provides information about public, private and charter schools in all 50 states and detailed school profiles for California, Arizona, Texas, Florida and Washington. |

|   |
|---|
| <b>Name:</b> Norfolk Public Schools   |
| <b>POC:</b> Central Administration  |
| <b>Address:</b> 800 East City Hall Avenue   |
| <b>City:</b> Norfolk, VA 23510  |
| <b>Phone:</b> (757) 628-3843  |
| <b>WWW Link:</b> <a href="http://www.nps.k12.va.us">http://www.nps.k12.va.us</a>  |
| <b>Comments:</b><br>The school administration building is located at 800 E. City Hall Avenue in downtown Norfolk, Virginia. |

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| <b>Name:</b> North Carolina Department of Public Instruction |
| <b>Address:</b> 301 N. Wilmington Street                     |
| <b>City:</b> Raleigh, NC 27601                               |
| <b>Phone:</b> (919) 807-3300                                 |

|   |
|---|
| <b>Name:</b> Portsmouth Public Schools  |
| <b>POC:</b> Public Information Officer  |
| <b>Address:</b> P.O. Box 998  |
| <b>City:</b> Portsmouth, VA 23705   |
| <b>Phone:</b> (757) 393-8743  |
| <b>WWW Link:</b> <a href="http://pps.k12.va.us">http://pps.k12.va.us</a>  |
| <b>Comments:</b><br>The school administration building is located at 3920 Burtons Point Road, Portsmouth, Virginia. |

|   |
|---|
| <b>Name:</b> Virginia Beach Public Schools  |
| <b>POC:</b> Central Administration  |
| <b>Address:</b> 2512 George Mason Drive, Bldg. 6 - Municipal Center   |
| <b>City:</b> Virginia Beach, VA 23456   |
| <b>Phone:</b> (757) 427-4585  |
| <b>E-Mail:</b> <a href="mailto:vbcpweb@vbcp.k12.va.us">vbcpweb@vbcp.k12.va.us</a>                             |
| <b>WWW Link:</b> <a href="http://www.vbcp.k12.va.us/">http://www.vbcp.k12.va.us/</a>                          |
| <b>Comments:</b><br>The school administration building is located within the Virginia Beach Municipal Center. |

## Private Schools

There are nearly 1,000 private schools, private pre-schools, and kindergarten facilities in the Hampton Roads area, that are independent and church-

sponsored. Information can be obtained on private schools by consulting the Yellow Pages, Chamber of Commerce, regional church authorities, your local "main" library reference section, or call the Virginia State Board of Schools in Richmond, Virginia or North Carolina Department of Education, in Raleigh, North Carolina. Tuition, fees, and dress codes vary from school to school.

|   |
|---|
| <b>Name:</b> National Association of Independent Schools (NAIS)   |
| <b>Address:</b> 1620 L Street NW  |
| <b>City:</b> Washington, DC 20036   |
| <b>Phone:</b> (202)-973-9717  |
| <b>WWW Link:</b> <a href="http://www.nais.org">http://www.nais.org</a>  |
| <b>Comments:</b><br>Information on private and independent elementary and secondary schools is available through the NAIS website listed above. |

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| <b>Name:</b> North Carolina Department of Public Instruction |
| <b>POC:</b> (NC Schools)                                     |
| <b>Address:</b> 301 N. Wilmington Street                     |
| <b>City:</b> Raleigh, NC 27601                               |
| <b>Phone:</b> (919) 807-3300                                 |

|  |
|--|
| <b>Name:</b> Virginia State Board of Education                                   |
| <b>WWW Link:</b> <a href="http://www.pen.k12.va.us">http://www.pen.k12.va.us</a> |

## Colleges and Universities

For more information on this subject:  
VA Tidewater Consortium has links to area colleges  
<http://www.vtc.odu.edu>

Navy College is available to military personnel to assist them with questions about continuing education programs. Currently, the nearest Navy College representative is in Norfolk or Oceana. For information contact the Navy College at Oceana at (757) 433-3129.

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| <b>Name:</b> College of the Albemarle  |
| <b>POC:</b> Admissions   |
| <b>City:</b> Elizabeth City, NC  |
| <b>Phone:</b> (252) 335-0821   |
| <b>WWW Link:</b> <a href="http://www.albemarle.cc.nc.us">http://www.albemarle.cc.nc.us</a> |
| <b>Comments:</b><br>Community College in Elizabeth City, North Carolina.                   |

|   |
|---|
| <b>Name:</b> Eastern Virginia Medical School (EVMS)   |
| <b>POC:</b> Admissions  |
| <b>City:</b> Norfolk, VA  |
| <b>Phone:</b> (757) 446-5812  |
| <b>WWW Link:</b> <a href="http://www.evms.edu">http://www.evms.edu</a>  |
| <b>Comments:</b><br>Medical and paraprofessional degrees. The number for the continuing medical education department is (757) 466-6140. |

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| <b>Name:</b> Elizabeth City State University                                       |
| <b>POC:</b> Admissions   |
| <b>City:</b> Elizabeth City, NC  |
| <b>Phone:</b> (252) 335-3400 or 1-800-347-3278                                     |
| <b>WWW Link:</b> <a href="http://www.ecsu.edu">http://www.ecsu.edu</a>             |
| <b>Comments:</b><br>Public four-year University in Elizabeth City, North Carolina. |

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| <b>Name:</b> Florida Institute of Technology   |
| <b>POC:</b> Admissions   |
| <b>City:</b> NAVSTA Norfolk, VA  |
| <b>Phone:</b> (757) 440-9005   |
| <b>WWW Link:</b> <a href="http://www.fit.edu">http://www.fit.edu</a>   |
| <b>Comments:</b><br>Graduate degrees in business, management, contract/acquisition management, and systems management. |

|   |
|---|
| <b>Name:</b> George Washington University   |
| <b>POC:</b> Admissions  |
| <b>City:</b> Norfolk & Hampton, VA  |
| <b>Phone:</b> (757) 296-4949  |
| <b>WWW Link:</b> <a href="http://www.gwu.edu">http://www.gwu.edu</a>                    |
| <b>Comments:</b><br>Graduate degrees in business, education, and technical specialties. |

|   |
|---|
| <b>Name:</b> Norfolk State University (NSU)   |
| <b>POC:</b> Admissions  |
| <b>City:</b> Norfolk, VA  |
| <b>Phone:</b> (757) 683-8396  |
| <b>WWW Link:</b> <a href="http://www.nsu.edu">http://www.nsu.edu</a>  |
| <b>Comments:</b><br>Four-year state University. Associates, Undergraduate, and Graduate degrees in the arts and sciences, education, health professions, business, and engineering. |

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| <b>Name:</b> Old Dominion University (ODU)   |
| <b>POC:</b> Admissions   |
| <b>Address:</b> 5115 Hampton Blvd.   |
| <b>City:</b> Norfolk, VA   |
| <b>Phone:</b> (757) 683-3000/3637  |
| <b>Comments:</b><br>Four-year public college. Undergraduate and graduate degrees in the arts and sciences, education, health professions, business, and engineering. |

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| <b>Name:</b> Regent University   |
| <b>POC:</b> Admissions   |
| <b>City:</b> Virginia Beach, VA  |
| <b>Phone:</b> (757) 226-4126   |
| <b>WWW Link:</b> <a href="http://www.regent.edu">http://www.regent.edu</a>   |
| <b>Comments:</b><br>Graduate degrees in law and government, theology and ministry, communications, education, business, and public policy. |

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| <b>Name:</b> Roanoke Bible College             |
| <b>POC:</b> Admissions                         |
| <b>City:</b> Elizabeth City, NC                |
| <b>Phone:</b> (252) 338-5191 or 1-800-722-8980 |
| <b>Comments:</b><br>Private four year college. |

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|---|
| <b>Name:</b> Saint Leo University   |
| <b>POC:</b> Admissions  |
| <b>City:</b> Various Sites, VA  |
| <b>WWW Link:</b> <a href="http://www.saintleo.edu">http://www.saintleo.edu</a>  |
| <b>Comments:</b><br>Undergraduate degrees in liberal arts, business, and social sciences.<br>NAB Little Creek..(757) 464-6449<br>NAS Oceana..(757) 428-8395 |

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| <b>Name:</b> Thomas Nelson Community College                                     |
| <b>Address:</b> 99 Thomas Nelson Drive   |
| <b>City:</b> Hampton, VA   |
| <b>Phone:</b> (757) 825-2700   |
| <b>WWW Link:</b> <a href="http://www.tncc.cc.va.us">http://www.tncc.cc.va.us</a> |
| <b>Comments:</b><br>Two-year Community College on the Peninsula.                 |

|   |
|---|
| <b>Name:</b> Tidewater Community College (TCC)  |
| <b>Phone:</b> (757) 822-1000  |
| <b>WWW Link:</b> <a href="http://www.tc.cc.va.us">http://www.tc.cc.va.us</a>  |
| <b>Comments:</b><br>Chesapeake<br>1428 Cedar Rd.<br>Admissions: (757) 822-5120<br>Continuing Education (757) 822-5137<br><br>Norfolk<br>300 Granby St.<br>Admissions (757) 822-1200<br>Continuing Education (757) 822-1234<br><br>Portsmouth<br>7000 College Dr.<br>Admissions (757) 822-2185<br>Continuing Education (757) 822-2125<br><br>Virginia Beach<br>1700 College Crescent<br>Admissions (757) 427-7128<br>Continuing Education (757) 822-7195 |

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|---|
| <b>Name:</b> Troy State University  |
| <b>POC:</b> Admissions  |
| <b>City:</b> Various Sites, VA  |
| <b>Comments:</b><br>Various undergraduate degree programs. Graduate degrees in management, human resources, public administration, and educational leadership.<br><br>NAB Little Creek (757) 460-2736<br>NAVSTA Norfolk (757) 451-8203<br>NAS Oceana (757) 425-2066 |

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| <b>Name:</b> Virginia Tidewater Consortium   |
| <b>POC:</b> Main Office  |
| <b>Address:</b> Old Dominion University  |
| <b>Phone:</b> (757) 683-3183   |
| <b>Comments:</b><br>Contact the Consortium for information about educational opportunities, both in the area and on-base. The Consortium also has satellite offices at NAVSTA Norfolk (757) 489-3329 and at NAB Little Creek (757) 363-3944. |

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|---|
| <b>Name:</b> Virginia Wesleyan College  |
| <b>POC:</b> Admissions  |
| <b>City:</b> Norfolk, VA  |
| <b>Phone:</b> (757) 455-3208  |
| <b>Comments:</b><br>Undergraduate degrees in the arts and sciences, education, business, and social sciences. Methodist church supported. |

## Adult or Continuing Education

There are many opportunities for continuing education in the area. Check with the adult education department in the city where you decide to reside for upcoming classes and services provided. Also, check with one of the many area colleges, universities, the cooperative extension agency within each city, or Navy College.

See EDUCATION OVERVIEW under the EDUCATION section for more information on area Navy College offices.

## Special Education

In order to assist special needs children, each school district has Special Education Departments and Parent Resource Centers. The following contacts will be able to provide necessary information, referral, and assistance.

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| <b>Name:</b> Exceptional Family Member Program |
| <b>POC:</b> Naval Medical Center Portsmouth    |
| <b>City:</b> Portsmouth, VA                    |
| <b>Phone:</b> (757) 953-5833                   |

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| <b>Name:</b> Gifted and Talented Programs  |
| <b>Comments:</b><br>Chesapeake..(757) 494-7640<br>Virginia Beach..(757) 563-1255 |

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| <b>Name:</b> PADDA   |
| <b>Address:</b> 813 Forrest Drive, Suite 3                       |
| <b>City:</b> Newport News, VA 23606                              |
| <b>Phone:</b> (757) 591-9119 or 1-888-337-2332                   |
| <b>FAX:</b> (757) 591-8990                                       |
| <b>WWW Link:</b> <a href="http://padda.org">http://padda.org</a> |

|                                      |
|--------------------------------------|
| <b>Name:</b> Parent Resource Centers |
| <b>City:</b> Chesapeake, VA          |
| <b>Phone:</b> (757) 482-5923         |

## Employment

### Employment Overview

For more information on this subject:  
The Virginian Employment Commission  
<http://www.vec.state.va.us>

Hampton Roads is definitely a networking town! Because it is a vibrant, growing region, it constantly needs new employees to fuel its economic growth.

Employers know that networking is the quickest, most economical way to find candidates. As openings occur, the first hiring attempts are often through inquiries to friends and present employees. Word spreads that there is a position available. As a new arrival, your first energies should go toward tapping into this source of networking information. Before you move, start listing possible contacts in Hampton Roads. Do research in your particular industry to see who has operations here. If you belong to a professional society, get the name and number of the Hampton Roads chapter. Check if there is a branch of your college alumni association here. Be inventive about gathering names to call on for information.

Read the classified section of "The Virginian-Pilot" daily newspaper or check out the website that is done in conjunction with Career Connections and HamptonRoads.com. Employers do not go to the expense of publishing an ad unless they are serious about needing a candidate. To make your response stand out from the others, tailor your response directly to the requirements given in the ad. Show in your cover letter why you fill their needs. For further assistance, call the FFSC NW Employment Specialist at (757) 421-8770, or stop by the FFSC NW Career Development Resource Center (CDRC). The CDRC has an extensive collection of resources including books, catalogues, and videos to get you started. Local job listings are received daily and the FFSC NW offer workshops each quarter on the following topics: job search strategies, effective resume writing, career planning, Federal employment, and interview techniques.

Job prospects are best in business services, retail, telemarketing, wholesale trade, education, secretarial, driving, computer programming, construction, manufacturing, banking, tourism, health care services, and graphics. Newcomers may notice that wages are somewhat lower in this area than in others.

### Federal Civilian Employment for Spouses

For more information on this subject:  
Federal Government Employment Website  
<http://www.usajobs.opm.gov>

Although Hampton Roads has many military bases representing all military services and many Federal government offices, spouses will find Federal employment very competitive. This is in part due to base closures here and elsewhere requiring civilian employees to relocate. There are still positions to be had, however, so spouses would be wise to begin their job search immediately.

### Permanent Employment Resources

For more information on this subject:  
Virginia Employment Commission  
<http://www.vec.state.va.us/>

The following are employment resources in North Carolina and Virginia. Also, check with the FFSCs for local job fairs.

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| <b>Name:</b> North Carolina Employment Security Commission   |
| <b>WWW Link:</b> <a href="http://www.ncesc.com">http://www.ncesc.com</a>   |
| <b>Comments:</b><br>Currituck, Camden, and Pasquotank Counties<br>422 McArthur Street<br>Elizabeth City, NC 27909<br>Phone: (252) 331-4798<br>Jobs Line: 1-800-768-5627<br>Fax: (252) 331-4809<br><br>Dare County<br>2522 S. Croatan Hwy<br>Nags Head, NC 27959<br>Phone: (252) 480-3500<br>Jobs Line: 1-800-768-5627<br>Fax: (252) 480-0121 |

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| <b>Name:</b> Spouse Employment Assistance (SEAP)   |
| <b>POC:</b> FFSC   |
| <b>WWW Link:</b> <a href="http://www.ffscnorva.navy.mil">http://www.ffscnorva.navy.mil</a>   |
| <b>Comments:</b><br>Little Creek (757) 462-7563<br>Newport News (757) 688-NAVY<br>Norfolk (757) 444-2102<br>Northwest (757) 421-8770<br>Oceana (757) 433-2912<br>Yorktown (757) 887-4606 |

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| <b>Name:</b> Virginia Employment Commission  |
| <b>WWW Link:</b> <a href="http://www.vec.state.va.us">http://www.vec.state.va.us</a>   |
| <b>Comments:</b><br>Chesapeake (757) 547-9717<br>FFSC Norfolk (757) 440-4024<br>Norfolk (757) 455-3900<br>Portsmouth (757) 396-6865<br>Suffolk (757) 925-2376<br>Virginia Beach (757) 431-4978 |

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| <b>Name:</b> Virginia Pilot Online   |
| <b>WWW Link:</b> <a href="http://www.pilotonline.com">http://www.pilotonline.com</a> |

## Temporary Employment Resources

Temporary employment is a great way to get your foot in the door, keep up skills, and maintain employment flexibility. Check the Yellow Pages or stop by FFSCs of Hampton Roads for current listings.

## Non-Paid or Volunteer Opportunities

Volunteer activities make up a large part of the social service activity in this area. Volunteers are frequently recruited in the local newspaper, "The Virginian-Pilot", new opportunities and short term needs appear weekly.

Stop by the Career Development Resource Center at FFSCs of Hampton Roads and talk to one of the Employment Specialists about volunteer opportunities in the area. You can also contact VOLUNTEER Hampton Roads at (757) 624-2400, which can refer you to hundreds of nonprofit organizations who need volunteers.

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| <b>Name:</b> VOLUNTEER Hampton Roads   |
| <b>Address:</b> 400 West Olney Road, Suite B   |
| <b>City:</b> Norfolk, VA 23507   |
| <b>Phone:</b> (757) 624-2400   |
| <b>FAX:</b> (757) 624-3618   |
| <b>E-Mail:</b> <a href="mailto:info@volunteerhr.org">info@volunteerhr.org</a>        |
| <b>WWW Link:</b> <a href="http://www.volunteerhr.org">http://www.volunteerhr.org</a> |

## Chambers of Commerce

For more information on this subject:  
Hampton Roads Chamber of Commerce  
<http://www.hamptonroadschamber.com/index.php>

Do you have questions about Hampton Roads or any of the cities in the area? Want to know more about the business community? Looking for information and print materials about life, work, and leisure in the area? The Hampton Roads Chamber of Commerce

can help you with all those things and more. They publish a variety of reports, brochures, directories, and periodicals describing various aspects of living and working in Southeastern Virginia.

For information on North Carolina, be sure to contact the Chamber of Commerce for the city or county of interest.

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| <b>Name:</b> Elizabeth City Chamber of Commerce  |
| <b>Address:</b> 502 E. Ehringhaus Street<br>P. O. Box 426  |
| <b>City:</b> Elizabeth City, NC 27907  |
| <b>Phone:</b> (252) 335-4365   |
| <b>WWW Link:</b> <a href="http://elizcity.com/G-O-E/chamber">http://elizcity.com/G-O-E/chamber</a> |

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|---|
| <b>Name:</b> Hampton Roads Chamber of Commerce  |
| <b>POC:</b> Regional Office   |
| <b>Address:</b> 420 Bank Street   |
| <b>City:</b> Norfolk, VA 23510  |
| <b>Phone:</b> (757) 622-2312  |
| <b>FAX:</b> (757) 622-5563  |
| <b>WWW Link:</b><br><a href="http://www.hamptonroadschamber.com/index.php">http://www.hamptonroadschamber.com/index.php</a> |
| <b>Comments:</b><br>Automated Attendant Number: (757) 622-2312<br>The Chamber's Hotline: (757) 664-2558                     |

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| <b>Name:</b> North Carolina Chamber of Commerce Directory                |
| <b>WWW Link:</b> <a href="http://www.nccbi.org">http://www.nccbi.org</a> |

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| <b>Name:</b> Virginia Chamber of Commerce  |
| <b>WWW Link:</b> <a href="http://www.vachamber.com">http://www.vachamber.com</a> |

## Private Sector Employment

For more information on this subject:  
Hampton Roads Career Connection  
<http://www.pilotonline.com/jobs>

The State Employment Commissions have many employment resources. The local newspapers have listing of employers currently hiring on the CareerConnection in conjunction with the Virginia Employment Commission. Be sure to check job placement centers at local community colleges, jobs binders at FFSCs of Hampton Roads, Human Resources Offices at large local employers (FFSCs of Hampton Roads have a list), military base Human Resource Offices, City Employment Offices, and classified ads. Also, take advantage of networking opportunities and job fairs.

See EMPLOYMENT OVERVIEW and PERMANENT EMPLOYMENT RESOURCES under EMPLOYMENT section for phone numbers and website addresses.

## Government Employment

For more information on this subject:  
Government Jobs at USA Jobs  
<http://www.usajobs.opm.gov>

Employment information with the Department of the Navy can be obtained by calling the Department of the Navy Human Resource Office - East. If you have access to a fax machine, you can use the fax-back option to receive printed information on the positions listed on the Job Hotline. You can also look for government employment opportunities on their website.

Stop by FFSC's of Hampton Roads and talk to one of the Employment Specialists about other resources, opportunities, and application procedures for landing that civil service job!

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| <b>Name:</b> Air Force Civilian Employment   |
| <b>WWW Link:</b><br><a href="http://www.afpc.randolph.af.mil/afjobs">http://www.afpc.randolph.af.mil/afjobs</a>  |
| <b>Comments:</b><br>Please advise external customers who are unable to access our website that they may obtain employment information, listen to vacancy announcements, and self-nominate through the AFPC Job Line (telephone numbers provided below).<br><br>External Applicants - 1-800-699-4473 (within the 210 area code 527-2377)<br>Internal Applicants - 1-800-997-2378 (within the 210 area code 527-2378)<br>TTY/TDD Users: 1-800-382-0893 (within the 210 area code 565-2276) |

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| <b>Name:</b> Army Civilian Employment   |
| <b>WWW Link:</b><br><a href="http://cpol.army.mil/employ/index.html">http://cpol.army.mil/employ/index.html</a> |

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| <b>Name:</b> DOD Job Search  |
| <b>WWW Link:</b> <a href="http://dod.jobsearch.org">http://dod.jobsearch.org</a> |

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| <b>Name:</b> Government Jobs at USA JOBS   |
| <b>WWW Link:</b> <a href="http://www.usajobs.opm.gov">http://www.usajobs.opm.gov</a> |

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| <b>Name:</b> Navy Civilian Employment  |
| <b>WWW Link:</b> <a href="http://www.donhr.navy.mil/jobs">http://www.donhr.navy.mil/jobs</a> |

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| <b>Name:</b> Navy Human Resource Office - East   |
| <b>POC:</b> Norfolk Naval Shipyard   |
| <b>Address:</b> Bldg 17  |
| <b>City:</b> Portsmouth, VA 23709-5000   |
| <b>WWW Link:</b><br><a href="http://www.nnsy1.navy.mil/hro/default.htm">http://www.nnsy1.navy.mil/hro/default.htm</a>                  |
| <b>Comments:</b><br>CENTRAL NUMBER (Job Hotline) (757) 396-7800<br>TOLL FREE NUMBER FOR CALLERS 1-888-407-6711<br>(VA, DC, MD, and NC) |

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| <b>Name:</b> US Coast Guard Civilian Personnel   |
| <b>WWW Link:</b><br><a href="http://www.uscg.mil/hq/cgpc/cpm/home">http://www.uscg.mil/hq/cgpc/cpm/home</a>  |
| <b>Comments:</b><br>DOT Vacancy Announcements are available through the TASC DOT Connection<br>Fax-On-Demand system at (202) 366-9397 outside of the Washington, DC area, call 1-(800)-525-2878. |

## Professional or Occupational Licensing

Please contact the following organizations listed below for professional and occupational licensing information.

|   |
|---|
| <b>Name:</b> Department of Professional and Occupational Development  |
| <b>Address:</b> 3600 West Broad Street  |
| <b>City:</b> Richmond, VA 23230   |
| <b>Phone:</b> (804) 367-8500  |
| <b>WWW Link:</b><br><a href="http://www.state.va.us/dpor/indexie.html">http://www.state.va.us/dpor/indexie.html</a>   |
| <b>Comments:</b><br>Regulates: Accountants, Appraisers, Auctioneers, Barbers, Beauticians, Contractors, Engineers, Fair Housing Employees, Geologists, Hearing Aid Specialists, Land Surveyors, P.E. Instructors, Opticians, Private Security, Real Estate Agents, and Soil Scientists. |

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| <b>Name:</b> Merchant Mariner Information Center                                 |
| <b>WWW Link:</b> <a href="http://www.uscg.mil/STCW">http://www.uscg.mil/STCW</a> |

## Medical And Dental

### Medical and Dental Overview

The health-care industry in southeastern Virginia boasts several private hospitals and outpatient treatment clinics, a number of military hospitals and

base clinics, and many specialty clinics, dentists, and chiropractors.

All Navy health care facilities in Hampton Roads fall under Commander, Naval Station Norfolk. Local facilities include The Charette Health Care Center also known as the Naval Medical Center (NMC) Portsmouth and six (6) branch clinics under NMC Portsmouth.

NMC Portsmouth is the oldest and second largest Naval hospital in the United States. The hospital provides a comprehensive range of emergency, outpatient and inpatient health care services to active duty personnel, their families, and the many retired military members in the Hampton Roads area - serving a population of approximately 300,000. NMC Portsmouth has the only military emergency room on the southside of Hampton Roads. The branch clinics are not equipped to handle life threatening emergencies. All life-threatening emergencies should be taken to NMC Portsmouth or the nearest civilian facility. If an active duty person or a family member enrolled in TRICARE Prime must use a civilian hospital for an emergency, TRICARE must be notified, as soon as possible, or insurance coverage will not be assured. Take any bills for emergency services to your Health Benefits Officer (HBO) at any military medical facility as soon as you receive it, to ensure prompt payment.

When transferring to the Hampton Roads area be sure to contact a HBO at one of the military medical facilities to enroll in TRICARE Mid-Atlantic.

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| <b>Name:</b> Anthem Alliance - TRICARE Mid-Atlantic  |
| <b>Phone:</b> 1-800-931-9501   |
| <b>WWW Link:</b> <a href="http://www.humana-military.com/region2and5/home.htm">http://www.humana-military.com/region2and5/home.htm</a> |

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| <b>Name:</b> DEERS  |
| <b>Phone:</b> 1-800-538-9552  |
| <b>E-Mail:</b> <a href="mailto:addrinof@osd.pentagon.mil">addrinof@osd.pentagon.mil</a>   |
| <b>WWW Link:</b><br><a href="https://www.dmdc.osd.mil/swg/owa/webguard.login?appl=9012&amp;rule=02">https://www.dmdc.osd.mil/swg/owa/webguard.login?appl=9012&amp;rule=02</a>   |
| <b>Comments:</b><br>It is important to update your Defense Enrollment Eligibility Reporting System (DEERS) record to show any changes of address, family status such as marriage, divorce, birth or adoption. (Remember: Each family member's eligibility is independent and must be updated.) Home addresses are important because DEERS uses them to send out information on health benefits. Also, health benefits could be denied if DEERS is not updated to reflect new information.<br><br>You may update your DEERS address in several ways:<br>1) Vis it the DEERS website<br>2) Visit a local personnel office that has a Uniformed Services I.D. card facility. (Call ahead for hours of operation and for instructions if your are updating a record for someone who is housebound.) To locate the nearest military ID card facility visit the Rapids Sites Locator.<br>3) Call the Defense Manpower Data Center Support Office (DSO) Telephone Center at 800-538-9552. The best time to call the Telephone Center is between 0900 - 1500 (Pacific Time) Wednesday through Friday to avoid delays. |

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| <b>Name:</b> Naval Medical Center Portsmouth   |
| <b>Address:</b> 620 John Paul Jones Circle   |
| <b>City:</b> Portsmouth, VA 23708  |
| <b>Phone:</b> (757) 953-5000   |
| <b>WWW Link:</b> <a href="http://www-nmcp.med.navy.mil">http://www-nmcp.med.navy.mil</a> |

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| <b>Name:</b> Rapids Sites Locator  |
| <b>WWW Link:</b> <a href="http://www.dmdc.osd.mil/rsl/">http://www.dmdc.osd.mil/rsl/</a> |

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| <b>Name:</b> TRICARE Mid-Atlantic  |
| <b>WWW Link:</b> <a href="http://www.tma.med.navy.mil">http://www.tma.med.navy.mil</a> |

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| <b>Name:</b> TRICARE/Military Health System  |
| <b>WWW Link:</b> <a href="http://www.tricare.osd.mil">http://www.tricare.osd.mil</a> |

## Medical Services/Directory - on Installation

CAPT William L. McGonagle Branch Medical/Dental Clinic



The mission of the CAPT William L. McGonagle Branch Medical/Dental Clinic is to provide health care services to eligible, authorized personnel. A medical officer sees personnel assigned to NSA Norfolk, Northwest Annex, and their family members who are enrolled in TRICARE PRIME and those personnel living in the Northwest base area by appointment. Family members enrolled in TRICARE Prime can be seen at the CAPT William L. McGonagle Branch Medical/Dental Clinic. The medical clinic is an acute care, outpatient facility. There are currently military sick call, immunizations,

partial laboratory, and partial pharmacy services, emergency transport, physical examinations, sea duty screening, and overseas screening. Pediatric services are available. MOST prescriptions obtained at other military medical facilities can be refilled at the CAPT William L. McGonagle Branch Medical/Dental Clinic, however no civilian prescriptions can be filled. All visits, including military sick call, are done by appointment only - call the TRICARE Service Center at 1-800-931-9501 to schedule an appointment.

### Medical Services/Directory - on Installation

| <i>Clinic</i>   | <i>POC</i>                    | <i>Number</i>       |
|---|-------------------------------|---------------------|
| CAPT William L. McGonagle Branch Medical/ Dental Clinic | Health Benefits Officer (HBO) | (757) 421-8220/8221 |
| TRICARE Service Center                                  |                               | 1-800-931-9501      |

### Health Benefits Advisor, Wellness, and CHAMPUS/TRICARE Programs

For more information on this subject:  
TRICARE

<http://www.tricare.osd.mil>

Military families in the Hampton Roads area are provided medical care through an extensive managed care system known as TRICARE. TRICARE is managed by the military in collaboration with civilian contractors, and is composed of military hospitals, military clinics, and civilian providers located throughout the local community. TRICARE arrangements have been set up throughout the country to offset the high cost of healthcare. In each region, a military "lead agent" (usually the largest military hospital) is responsible for overseeing the program. In this area, the lead agent is Naval Medical Center, Portsmouth (NMC).

GENERAL TRICARE Info: Active duty members will be assigned to and receive care at one of the area Military Medical Treatment Facilities (MTF's) based upon their UIC. Dependents must apply for treatment at one of the centers. There are other aspects of the TRICARE system users should be aware of. Please be sure to call or visit a Health Benefits Advisor (HBA). HBAs are individuals able to answer questions about TRICARE policies or benefits, and are available at the area military treatment facilities.

The Health Care Information Line is a 24 hour service where you talk to a registered nurse who can help put your mind at ease and provide information on a wide range of medical concerns. Wherever you

are, whenever you need to, you can reach the Health Care Information Line by calling the TSC at 1-800-931-9501 and selecting option 3. Please note that the Health Care Information Line nurses cannot diagnose problems or recommend specific treatments. The Health Care Information Line cannot locate the nearest medical facility or give directions to the facility. They are not a substitute for your Primary Care Manager or any other physician.

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| <b>Name:</b> Health Benefits Officers (HBOs)   |
| <b>Comments:</b><br>Health Benefits Officers are another source for TRICARE information and assistance. HBOs can provide much of the same assistance available through the TRICARE Service Centers and are available Mon. - Fri. 0800-1630 at the following military treatment facilities:<br><br>CAPT William L. McGonagle Branch Medical Clinic, NW...(757) 421-8220<br>Naval Medical Center, Portsmouth...(757) 953-5000<br>Boone Branch Medical Clinic, NAB Little Creek...(757) 314-7300<br>Oceana Branch Medical Clinic, NAS Oceana...(757) 314-7000<br>Sewells Point Branch Medical Clinic, NAVSTA Norfolk...(757) 314-6200<br>Dam Neck Branch Medical Clinic, FCTC Dam Neck...(757) 314-7200 |

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| <b>Name:</b> TRICARE Prime PCM Clinic Locations in Region 2  |
| <b>WWW Link:</b> <a href="http://www.humana-military.com/region2/bene/provdirectory/mtfregion2.htm#MTF4">http://www.humana-military.com/region2/bene/provdirectory/mtfregion2.htm#MTF4</a>   |
| <b>Comments:</b><br>Naval Medical Center Portsmouth (NMCP)<br>Portsmouth, VA 23708-<br>(757) 953-5000<br><br>1st Medical Group (1st MG)<br>Langley Air Force Base, VA 23665-<br>(757) 764-1110 Base Information<br><br>McDonald Army Community Hospital (MACH)<br>Fort Eustis, VA 23604-<br>757-314-7500/1-800-304-9863 Base Information |

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| <b>Name:</b> TRICARE Service Center   |
| <b>Phone:</b> 1-800-931-9501  |
| <b>Comments:</b><br>TRICARE Service Centers (TSCs) are located at Naval Medical Center Portsmouth and at all the clinics. |

## Community Hospitals

Hampton Roads boasts some of America's finest and most advanced medical and research facilities, attracting patients from around the world. Facilities are staffed by skilled health care professionals at every level and in virtually every medical specialty. There are 2 major civilian hospitals near NSA Norfolk, Northwest Annex, both providing comprehensive medical treatment - Chesapeake General Hospital and Albemarle Hospital in Elizabeth City, NC. Check the Yellow Pages for locations and phone numbers.

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| <b>Name:</b> Albemarle Hospital  |
| <b>Address:</b> 1144 North Road Street   |
| <b>City:</b> Elizabeth City, NC 27906  |
| <b>Phone:</b> (252) 335-0531   |
| <b>WWW Link:</b> <a href="http://www.albemarlehosp.org">http://www.albemarlehosp.org</a>   |
| <b>Proximity to site:</b> 25 miles, South on HWY17   |
| <b>Comments:</b><br>Albemarle Hospital provides effective and compassionate care of the highest quality to the people of Northeastern North Carolina and Southeastern Virginia.<br>Main Number (252) 335-0531<br>Emergency Department (252) 384-4610<br>Admitting Office (252) 384-4628<br>Maternity-Nursery (252) 384-4390<br>Lifeline (252) 384-4321 |

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| <b>Name:</b> Chesapeake General Hospital  |
| <b>Address:</b> 736 Battlefield Blvd. North   |
| <b>City:</b> Chesapeake, VA 23320   |
| <b>Phone:</b> (757) 312-8121  |
| <b>WWW Link:</b> <a href="http://www.chealth.org">http://www.chealth.org</a>  |
| <b>Proximity to site:</b> 15 miles on 168 North   |
| <b>Comments:</b><br>Chesapeake General Hospital is a 260-bed regional health care resource serving southeastern Virginia and northeastern North Carolina. The medical staff of over 500 physicians and allied health professionals offer services in 34 medical subspecialties.<br>Admitting (757) 312-8121<br>Emergency Department (757) 312-6128<br>Patient Room Information (757) 312-6333 |

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| <b>Name:</b> Doctor Referral Services  |
| <b>Comments:</b><br>Chesapeake General Hospital physician referrals & hospital services information (757) 547-7800<br>Bon Secours Physicians Finder (757) 889-CARE (2273)<br><br>Tidewater Dental Association (757) 491-4626 |

## Dental Services/Directory - on Installation

CAPT William L. McGonagle Branch Medical/Dental Clinic

The staff is composed of 1 Dental Officer, 3 Dental Technicians, and 2 civilians. Comprehensive dental care is available for ACTIVE DUTY personnel only and includes an annual examination, cleaning, and any care necessary to restore dental health. For an appointment, call the clinic at (757) 421-8225.

Family members will be seen CAPT William L. McGonagle Branch Medical/Dental Clinic on a space available basis for overseas screenings ONLY.

Dental emergencies occurring before enrollment in the Family Member Dental Plan will be referred to the NAVSTA Norfolk Dental Clinic.

### Dental Services/Directory - on Installation

| <i>Clinic</i>   | <i>POC</i> | <i>Number</i>  |
|---|------------|----------------|
| CAPT William L. McGonagle<br>Branch Medical/Dental Clinic |            | (757) 421-8225 |

## Family Member Dental Plan

For more information on this subject:  
Family Member Dental Program (United Concordia)  
<http://www.ucci.com>

Service members are encouraged to enroll their family members in the TRICARE Active Duty Family Member Dental Plan at check-in. Under the Family Member Dental Plan, family members are seen by participating community dentists. DD2494 Forms are available at PSD for enrollment, and coverage begins the month after a deduction appears on the LES. You can call United Concordia at 1-800-866-8499 for further information on the program.

Upon enrollment, participants will receive a list of local dentists they may use under the program. You will receive a booklet explaining all aspects of your dental coverage when you enroll. Please read it so that you understand your coverage completely.

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| <b>Name:</b> United Concordia   |
| <b>WWW Link:</b> <a href="http://www.ucci.com">http://www.ucci.com</a>  |
| <b>Comments:</b><br>CONUS, including Guam, Puerto Rico, and the US Virgin Islands<br>TDP Customer Service<br>PO Box 69410<br>Harrisburg, PA 17106-9410<br>1-800-866-8499<br>1-800-891-1854 (TDD)<br>24 hours a Day Mon. - Fri.<br>conus@ucci.com<br><br>OCONUS<br>TDP OCONUS<br>Dental Unit<br>PO Box 69418<br>Harrisburg, PA 17106-9418<br>1-888-418-0466<br>1-717-975-5017 (Toll call)<br>24 hours a Day Mon. - Fri.<br>oconus@ucci.com |

## Housing

### Housing Overview

For more information on this subject:  
Norfolk Navy Family Housing  
<http://www.nsa-norva.navy.mil/housing2002/fh-index.htm>

The Housing Welcome Centers of Hampton Roads: Little Creek, Norfolk, Northwest, Oceana, or Yorktown will assist you in the search for your new home. Newcomers and/or their command sponsors are encouraged to communicate with Housing Welcome Centers of Hampton Roads early, so needs can be met.

If you like a small town atmosphere and a warm community feeling, you will like Northwest Annex! It is comprised of 4 small neighborhoods adjacent to each other. The average wait for housing at Northwest (on-base family housing) is 10 - 12 months. The housing is comfortable and attractive. We have a Youth Center, several neighborhood playgrounds, a family recreation area, and a picnic pavilion. The CDC is close by.

There are 126 housing units within the 4 neighborhoods at Northwest Annex. Riverbirch Crossing has 24 townhouse units, Carolina Meadows has 48 townhouse units, and Pecan Crescent has 50 duplex units. Those 3 neighborhoods are designed for enlisted personnel (E1 through E9). The 4th neighborhood, Cypress Way, has 4 duplex units; 1 Installation Command Quarters, and 3 units designated for officers (W1 through O5).

Whether you desire off-base housing or are waiting for Northwest Annex, you should not have any trouble finding a house or apartment. Although there is little rental property close to Northwest, there are many rentals within commuting distance in both Virginia and North Carolina. Virginia has a Rental Partnership Program (RPP), which is designed to provide affordable housing, often without a security

deposit. With the RPP program, you may not have to pay a security deposit, and rents are usually 5% to 7% lower than the market rate.

As this is a growing area, many new homes can be found for purchase. Resale is still relatively easy, especially in strong school districts. The Virginia Housing Development Authority (VHDA) has several programs available to military members to make home buying affordable. Many personnel consider living in North Carolina, as well as Virginia when looking for real estate to purchase. Do compare tax rates and commutes before making a decision to purchase.

Be sure to visit the Housing Welcome Center - Northwest Site for local listings, maps, and advice. Listings are continually updated and the Housing staff can help you pinpoint an area that best suits your needs. To protect yourself, be sure to bring your rental contract to the Housing Welcome Center of Hampton Roads or to NAVSTA Norfolk legal for review BEFORE you make any final arrangements. The FFSC Northwest also has state maps for both North Carolina and Virginia on hand, to help you become familiar with the area.

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| <b>Name:</b> Navy Housing Welcome Centers of  |
| <b>POC:</b> Hampton Roads   |
| <b>City:</b> Hampton Roads, VA  |
| <b>Phone:</b> 1-800-628-7510  |
| <b>WWW Link:</b> <a href="http://www.nsa-norva.navy.mil/housing2002/fh-index.htm">http://www.nsa-norva.navy.mil/housing2002/fh-index.htm</a>  |
| <b>Comments:</b><br>NAVSTA Norfolk<br>Personnel Support Mall - Bldg. 337<br>7924 14th Street<br>Norfolk, Virginia 23505-1219<br>Phone: (757) 445-2832<br>FAX: (757) 445-6935<br>DSN: 565-2832<br><br>NSA Norfolk, Northwest Annex<br>308 Hummingbird Street<br>Chesapeake, Virginia 23322-4094<br>Phone: (757) 421-8280<br>FAX: (757) 421-8805<br>DSN: 564-1376 ext. 8280<br><br>Little Creek Phone: (757) 462-7448<br>Oceana Phone: (757) 433-3464<br>Yorktown Phone: (757) 847-7800 |

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| <b>Name:</b> USCG ISC Housing Officer   |
| <b>Address:</b> 4000 Coast Guard Blvd.  |
| <b>City:</b> Portsmouth, VA 23703   |
| <b>Phone:</b> (757) 686-4082  |
| <b>WWW Link:</b><br><a href="http://www.uscg.mil/mlclant/iscportsmouth">http://www.uscg.mil/mlclant/iscportsmouth</a> |

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| <b>Name:</b> USCG Support Center Housing Officer   |
| <b>City:</b> Elizabeth City, NC 27909  |
| <b>Phone:</b> (252) 335-6115/6225  |
| <b>Comments:</b><br>Hours are 8:00 to 4:00. Release from mandatory housing is required for all personnel. Leased Housing may be available to all qualified personnel. Government-owned housing is not available to officers. |

## Housing Allowances

For more information on this subject:

Navy Housing Worldwide

<http://www.housing.navy.mil>

Single and married personnel living off base, with permission of the base, receive BAH. There is no COLA allowance in this area. For more information on the BAH rates for this area, contact the Relocation Specialist at FFSCs Hampton Roads or the Housing Welcome Centers of Hampton Roads. The rates are also available on the Internet.

The Navy Housing Web address is located above and housing allowances are located below.

2004 HOUSING ALLOWANCES - Norfolk, Virginia Beach, Portsmouth, & Chesapeake

RATE..With DEP..Without DEP

O-7...1503.00.....1155.00

O-6...1485.00.....1132.00

O-5...1473.00.....1083.00

O-4...1332.00.....1050.00

O-3...1130.00.....970.00

O-2....994.00.....922.00

O-1....931.00.....919.00

O3E...1221.00.....996.00

O2E...1123.00.....955.00

E-8...1099.00.....938.00

O1E...1056.00.....923.00

E-7...1045.00.....921.00

W-5...1295.00.....1057.00

E-6....996.00.....919.00

W-4...1208.00.....1008.00

E-5....923.00.....871.00

W-3...1132.00.....962.00

E-4....921.00.....774.00

W-2...1067.00.....937.00

E-3....921.00.....774.00

W-1....997.00.....920.00

E-2....921.00.....774.00

E-9...1187.00.....960.00

E-1....921.00.....774.00

### Housing Allowances

| Housing allowance information is available from the Per Diem, Travel and Transportation Allowance Committee's Web Site: |   |
|---|---|
| Rates and Allowances Home Page  | <a href="http://www.dtic.mil/perdiem/rateinfo.html">http://www.dtic.mil/perdiem/rateinfo.html</a> |
| Basic Allowance for Housing   | <a href="http://www.dtic.mil/perdiem/bah.html">http://www.dtic.mil/perdiem/bah.html</a>           |
| Overseas Housing Allowance  | <a href="http://www.dtic.mil/perdiem/allooha.html">http://www.dtic.mil/perdiem/allooha.html</a>   |

### Government Housing

For more information on this subject:

Navy Housing

<http://www.housing.navy.mil>

To obtain housing at Northwest Annex, the on-base housing community, you must CLEARLY and COMPLETELY fill out a DD1746, Application Assignment to Housing. You must also attach your Record of Emergency Dependent Data (commonly known as your page 2 for Navy personnel), REDD for Marine Corps personnel, or included on your orders for Air Force personnel. Coast Guard personnel report to the Housing Welcome Center - Northwest Site with a copy of your orders.

It is wise to fax those papers to the Housing Welcome Center - Northwest Site to give staff notice of your pending arrival. If you are not able to fax your papers, submit them upon arrival at Northwest. No matter if you fax your application or hand carry it upon arrival, you will normally receive the date of detachment from your previous command as your waiting list control date, that is, if you were eligible for housing at that time and you check in and/or verify your application at the Housing Welcome Center within 30 days of reporting for duty.

The Housing Welcome Centers of Hampton Roads operate self-help sheds where housing occupants can

borrow gardening and other tools, free of charge, for use on yards and in homes. Some materials are provided free of charge for approved projects.

See HOUSING OVERVIEW under the HOUSING section for additional information and contact information.

All barracks rooms on Northwest are within a few minutes walk to the pool, gym, fitness center, racket ball and tennis courts, bowling alley, NEX, Mariner Community Center, and the Joint. Phone service is available through AT&T.

Navy Combined Bachelor Quarters:

The office for the Navy Combined Bachelor Quarters is located in building 207. The office is manned 24/7. Reservations are taken for personnel with orders to NSA Norfolk, Northwest Annex, all others are "Space A". Drinking is permitted in the barracks rooms and other designated areas, for those 21 or older. No opposite sex overnight guests are permitted. ALL rooms are designated as non-smoking. Call the Combined Bachelor Quarters (CBQ), for current rates and reservations.

Navy Enlisted

There are 3 Navy enlisted barracks onboard Northwest.

Bldg. 207 has 12 rooms for permanent party personnel.

Bldg. 208 has 40 rooms; 20 for permanent party students and 20 for transient personnel.  
 Bldg. 66 has 15 rooms designated as VIP quarters. VIP rooms are designed for transient personnel and families on a temporary basis.

#### Navy Officer

There are 2 officer barracks aboard Northwest Bldg. 144 & 342. All rooms have kitchenettes. There is also a lounge for use by residents.  
 Bldg. 144 has 8 rooms for transient personnel.  
 Bldg. 342 has 10 rooms; 7 regular and 3 VIP rooms.

#### USMCSFTCO Barracks

All personnel reporting in after working hours report to Bldg. 366.  
 The Marine barracks in Bldg. 366 is solely for Marine Corps Security Force Training Company students. E1-E3 are berthed in open squadbays; E4 and E5 personnel are berthed in two-man rooms.  
 Bldg. 351 has 84 rooms for enlisted USMC transient personnel (USMC E1-E6).

#### US Coast Guard Barracks

The USCG barracks has 13 permanent party rooms and 1 transient room.

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| <b>Name:</b> CG Housing   |
| <b>Comments:</b><br>CG Area Housing Office (757) 686-4082<br>CG Northwest Housing Office (757) 421-6289<br>CG Elizabeth City, NC Housing Office (252) 335-6115/6225 |

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|---|
| <b>Name:</b> Navy Combined Bachelor Quarters - Northwest  |
| <b>City:</b> Chesapeake, VA   |
| <b>Phone:</b> (757) 421-8282/8283/8793  |
| <b>FAX:</b> (757) 421-8792  |
| <b>DSN Phone:</b> 564-1336 ext. 8282  |
| <b>WWW Link:</b> <a href="http://www.nsa-norva.navy.mil/housing2002/fh-index.htm">http://www.nsa-norva.navy.mil/housing2002/fh-index.htm</a>  |
| <b>Comments:</b><br>Navy Combined Bachelor Quarters takes care of all Navy personnel that are single or geographic bachelors; both Officer and Enlisted. Special arrangements can be made for families in the VIP Quarters. |

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| <b>Name:</b> Navy Housing Welcome Centers of Hampton Roads  |
| <b>E-Mail:</b> <a href="mailto:govhousing@nnhwc.com">govhousing@nnhwc.com</a>   |
| <b>WWW Link:</b> <a href="http://www.nsa-norva.navy.mil/housing2002/fh-index.htm">http://www.nsa-norva.navy.mil/housing2002/fh-index.htm</a>        |
| <b>Comments:</b><br>Housing Welcome Center<br>To request Housing Welcome Aboard Packet for Hampton Roads Virginia send e-mail to the above address. |
| <br>Norfolk<br>7924 14th Street<br>Norfolk, VA 23505-1217<br>(757) 445-2832 or 1(800) 628-7510<br>(757) 445-6935                                    |
| <br>Little Creek<br>2100 Independence Boulevard<br>Virginia Beach, VA 23455<br>(757) 462-7448<br>(757) 462-4019                                     |
| <br>Northwest<br>308 Humming Bird<br>Chesapeake, VA 23323<br>(757) 421-8280<br>(757) 421-8805   |
| <br>Oceana<br>1202 Paul Jones Circle<br>Virginia Beach, VA 23454<br>(757) 433-3465<br>FAX: (757) 433-2600   |
| <br>Portsmouth<br>Naval Medical Center, Portsmouth<br>Portsmouth, VA 23708<br>(757) 953-5404<br>(757) 953-7414                                      |
| <br>Yorktown<br>1970 Von Stueben Drive<br>Newport News, VA 23603<br>(757) 847-7800 or 1(800)704-5488<br>(757) 887-2608                              |

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|---|
| <b>Name:</b> USMC Security Force Training CO  |
| <b>City:</b> Chesapeake, VA 23322-9094  |
| <b>Comments:</b><br>USMC personnel should report to MCSFTCO Training Bldg., Bldg. #360 during working hours. After working hours (1630), USMC personnel should check in at the USMC SFTCO barracks, Bldg. 366.<br>USMC Quarterdeck (757) 421-8555<br>Barracks (757) 421-8100. |

## Community Housing

Community housing is plentiful and the newcomer has many choices. Be sure to stop by the Housing Welcome Centers of Hampton Roads for listings of available rentals and homes for sale. The Housing Welcome Centers of Hampton Roads can advise on the Rental Partnership Program (RPP), which is designed to provide affordable housing, often without a security deposit, lease negotiations, arbitration, Virginia Housing Development Authority (VHDA) home buying programs, & other benefits. Services are available to married personnel, their families, and single personnel.

The housing market surrounding Northwest includes areas of Virginia and North Carolina. Many Northwest personnel live in the Hickory, Deep Creek, Great Bridge, or Greenbrier areas of Chesapeake; Kempsville, Woods Corner or Princess Anne sections of Virginia Beach; Portsmouth; Norfolk in Virginia or the towns of Camden, Elizabeth City, Moyock, Currituck, or South Mills in North Carolina. These and other nearby areas satisfy most needs. The average commute to Northwest is about 30 minutes, so be sure to factor this into your expenses.

Pets can make your housing search a little more complicated. Some landlords do not allow pets. Others limit the number, type, and size of pets. Most landlords require a pet deposit and/or additional monthly pet-fee. The Housing Welcome Centers of Hampton Roads have listings for rentals that will accept pets.

Mobile home parks/lots are not readily available in this area. Waiting periods may range up to 2 years. Double-wide lots are even more difficult to locate; not all parks are equipped to accommodate double-wides. It is recommended that you secure a lot before bringing your mobile home into this area. Plan ahead. Contact the Housing Welcome Centers of Hampton Roads for mobile home lot listings.

See HOUSING OVERVIEW under HOUSING to contact the Housing Welcome Centers of Hampton Roads for more information.

## Utilities

Prospective newcomers are encouraged to request letters of credit from their current utility companies with which you have had service for a minimum of 12 months. Often these letters can eliminate sizable deposits required by utility companies in Hampton Roads.

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| <b>Name:</b> Electricity - North Carolina   |
| <b>POC:</b> North Carolina Power  |
| <b>Comments:</b><br>Elizabeth City..(252) 338-3981<br>Albemarle EMC..(252) 426-5735 |

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|---|
| <b>Name:</b> Electricity - Virginia   |
| <b>POC:</b> Dominion-Virginia Power   |
| <b>Phone:</b> 1-888-667-3000  |
| <b>Comments:</b><br>TTY/TDD.....1-800-552-4015<br>Call the number above for service connection in Chesapeake, Norfolk, Portsmouth, Suffolk, & Virginia Beach. |

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| <b>Name:</b> Garbage Pick-Up - Virginia  |
| <b>Comments:</b><br>Garbage pick-up is provided by each city. The service is usually included in the bimonthly water bill. |

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| <b>Name:</b> Natural Gas - Virginia |
| <b>POC:</b> Virginia Natural Gas    |
| <b>Phone:</b> (7866) 229-3578       |

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| <b>Name:</b> Telephone - North Carolina |
| <b>POC:</b> Sprint                      |
| <b>Phone:</b> (252) 338-9811            |

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| <b>Name:</b> Telephone - Virginia           |
| <b>POC:</b> Bell Atlantic (New Service)     |
| <b>Phone:</b> (757) 954-6222                |
| <b>Comments:</b><br>TTY/TDD..1-800-564-6888 |

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| <b>Name:</b> Utilities - Water - Virginia  |
| <b>POC:</b> (New Service)  |
| <b>Comments:</b><br>To connect service, call:<br>Chesapeake (757) 382-6352<br>Norfolk (757) 664-6700<br>Portsmouth (757) 393-8524<br>Virginia Beach (757) 427-4631 |

|   |
|---|
| <b>Name:</b> Water - North Carolina   |
| <b>Comments:</b><br>Elizabeth City..(252) 338-3981<br>Pasquotank County..(252) 335-2240<br>South Mills Water Association..(252) 771-5620<br>South Camden County..(252) 333-3226 |

## Relocation Services

### Relocation Services Overview

For more information on this subject:  
Fleet and Family Support Centers of Hampton Roads  
<http://www.ffscnorva.navy.mil>

The Relocation Assistance Program (RAP) Specialists at FFSCs of Hampton Roads are ready to assist you with all your relocation needs. Newly reporting personnel and family members should visit one of the 6 FFSCs of Hampton Roads for information on the local area including healthcare, housing, recreation, schools, attractions, employment, lodging, volunteer opportunities, the bases, the communities, the snakes; anything you may need to know! Free maps of North Carolina and Virginia can be obtained at FFSC Northwest. FFSCs of Hampton Roads offer "New Spouse" and "Foreign Born Spouse" workshops geared to the information needs of the new family members. Be sure to check the "Signal", for locations, dates, and times of free workshops, classes, and programs offered by FFSCs of Hampton Roads.

Upon relocating to the Hampton Roads area, it is highly recommended that you pick up a street atlas right away. With all the water around, it is easy to get turned around! Names of streets change frequently and directions are confusing. A good street atlas is sold at 711's and it is worth every penny.

Call the FFSC NW Relocation Assistance Program at (757) 421-8770 for any information you need regarding your move or visit the Relocation Assistance Specialist at your current installation.

If you do not have a sponsor you can request one through the Command Master Chief or the website listed below if you are in the Navy.

|   |
|---|
| <b>Name:</b> Navy Sponsor Assignment Aid  |
| <b>WWW Link:</b><br><a href="http://www.staynavy.navy.mil/Tools/SAA/default.asp">http://www.staynavy.navy.mil/Tools/SAA/default.asp</a> |

|   |
|---|
| <b>Name:</b> Relocation Specialist  |
| <b>POC:</b> Mary Mauch  |
| <b>Address:</b> FFSC - Northwest<br>1320 Northwest Blvd., Suite 100   |
| <b>City:</b> Chesapeake, VA 23322-4904  |
| <b>Phone:</b> (757) 421-8770  |
| <b>FAX:</b> (757) 421-8782  |
| <b>DSN Phone:</b> 564-1336 ext. 8770  |
| <b>E-Mail:</b> <a href="mailto:mmauch@nsanwannex.navy.mil">mmauch@nsanwannex.navy.mil</a> or <a href="mailto:ffscnw@hotmail.com">ffscnw@hotmail.com</a> |
| <b>WWW Link:</b> <a href="http://www.ffscnorva.navy.mil">http://www.ffscnorva.navy.mil</a>  |

### Relocation Assistance

For more information on this subject:  
Fleet and Family Support Centers of Hampton Roads  
<http://www.ffscnorva.navy.mil>

FFSCs of Hampton Roads operate a Lending Locker, which has a variety of house wares available for a 2 week loan period. Additional 2-week extensions may be obtained upon request; for up to 60 days.

The following items are in the lending lockers:  
Dish Pack with: (place settings for 4, tumblers, pots and pans, mixing bowls, measuring cups, flatware, serving utensils, can opener, cutlery, and storage bin). Other items available include: high chairs, Pack & Play cribs, infant and child car seats, umbrella strollers, futons, tri-fold table with 4 chairs, iron and ironing boards, coffee pots, and toasters.

CALL the FFSC closest to you before driving to the center, as use in the spring and summer is heavy at some centers.

For those thrifty minded souls and those that find unneeded items the area thrift stores are a great source of gently used items for setting up a new household. There are many thrift stores in the area, including thrift stores on the bases. Check the Yellow Pages or stop by FFSCs of Hampton Roads for a list of base thrift stores.



|   |
|---|
| <b>Name:</b> American Veterans Pickup Service |
| <b>Phone:</b> (757) 872-8387                  |

|   |
|---|
| <b>Name:</b> Disabled American Veterans |
| <b>POC:</b> Pick Up                     |
| <b>Phone:</b> (757) 461-4938            |

|   |
|---|
| <b>Name:</b> Thrift Stores  |
| <b>POC:</b> Goodwill Industries of Hampton Roads  |
| <b>Comments:</b><br>Goodwill Industries of Hampton Roads<br><br>300-A Battlefield Blvd. North, Chesapeake..(757) 436-1440<br>4668 Princess Anne Road, Virginia Beach..(757) 495-7956<br>800 Tidewater Drive, Norfolk..(757) 627-7733<br>3979 Twin Pines Road, Portsmouth..(757) 484-2208<br>1100 North Main Street, Suffolk..(757) 538-0182 |

|  |
|--|
| <b>Name:</b> Thrift Stores -   |
| <b>POC:</b> Children's Hospital the King's Daughters (CHKD)  |
| <b>Comments:</b><br>Children's Hospital of the King's Daughters Thrift Stores<br>For free pick up (757) 622-5437<br><br>220 Battlefield Blvd. North, Chesapeake..(757) 436-5437<br>6159 East Virginia Beach Blvd, Norfolk..(757) 461-5437<br>6528 Indian River Road, Virginia Beach..(757) 366-5437<br>795 Monticello Avenue, Norfolk... (757) 622-5437<br>Woods Corner Centerville Turnpike, Virginia Beach..(757) 502-5437<br>3600 Holland Road, Virginia Beach ..(757) 486-5437 |

## In Transit Emergencies

For more information on this subject:  
Fleet and Family Support Centers of Hampton Roads  
<http://www.ffscnorva.navy.mil>

When in transit, try to find a nearby military installation when in need of assistance, call directory assistance, or look in the blue government pages of the local telephone directory.

Call 911 for medical, fire, or police emergencies, or the local AAA for roadside emergencies (if you are a member).

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| <b>Name:</b> Emergency Information   |
| <b>POC:</b> 24 Hour Hotline - after hours and emergencies  |
| <b>Phone:</b> 1-800-FSC-LINE   |
| <b>WWW Link:</b> <a href="http://www.ffscnorva.navy.mil">http://www.ffscnorva.navy.mil</a>   |
| <b>Comments:</b><br>The following are a few numbers to help you in transit:<br>FFSCs' 24 hour Emergency and after hours Information and Referral Hotlines<br>..1-800-FSC-LINE<br>..444-NAVY<br>Crisis Intervention and Referral Hotline..622-1126<br>TRICARE..1-800-931-9501<br><br>American Red Cross<br>Emergency (Regional) Service Center (Emergency Messages)..1-877-272-7337<br>NAVSTA Norfolk..(757) 440-1111<br>Tidewater Chapter (Norfolk)*..(757) 446-7756<br>* For Disaster Services<br><br>Navy and Marine Corps Relief Society..(757) 444-NAVY<br>Ombudsman Information..(757) 444-6288<br>NSA Northwest Quarterdeck..(757) 421-8000<br>Be sure you always have the name and telephone numbers of your family doctor, new command, travel agent, insurance company (if driving), credit card company (in case you are denied credit or your card is stolen), traveler's check company, and your sponsor while you are in transit!<br><br>Many credit card companies offer emergency assistance; so check your coverage before you travel. You may also wish to bring discount travel club cards in case you have unexpected overnight delays. |

## Financial Preparedness

For more information on this subject:  
Fleet and Family Support Centers of Hampton Roads  
<http://www.ffscnorva.navy.mil>

Watch your money carefully while in transit; many unexpected expenditures can delete your resources quickly! Remember to visit a Financial Specialist at FFSC of Hampton Roads, Navy-Marine Corps Relief Society, or your command to develop a spending plan for your move. It is VERY IMPORTANT TO PLAN YOUR EXPENSES CAREFULLY. If you have a good understanding of what you will need, you are more likely to have it when the time comes to move.

Start to save well before your move. Although many expenses are reimbursed, you often have to pay out of pocket, then turn in receipts later, and wait to receive your reimbursement. **BE SURE TO SAVE ALL OF YOUR RECEIPTS!** This includes taxi, shuttle bus, food, and lodging.

If you will be staying in temporary lodging upon arrival, expect to pay at least \$50.00 per night at local hotels. When asking for rates be sure to ask for a military discount! There are Navy Lodges at NAVSTA Norfolk, NAS Oceana - Dam Neck Annex, and NAB Little Creek located near the bases.

Most apartments require first (and sometimes last) months rent as a deposit, and an additional deposit for pets. Utility companies (telephone, water, electric, and gas) also require deposits, but these can sometimes be waived with a letter of credit from your current utility company. Standard leases in Virginia are for one year but shorter terms are available.

Check with your disbursing office to find out what allowances you will receive. Here is an overview of some of the basic travel entitlements and allowances associated with a PCS move:

#### Mileage Allowance (MALT)

Service members receive a monetary allowance in lieu of transportation (MALT) when they drive their own vehicle to a new duty assignment. This allowance is computed using federal tables of the mileage between the old and new duty stations. This official distance determines the allowance payable, though actual mileage driven may be longer or shorter. Your Commanding Officer (last duty station) must grant approval prior to your travel, if you wish to be reimbursed for driving two (2) privately owned vehicles (POV). MALT may be drawn up to ten (10) days in advance of the move.

#### Per Diem Allowance

Service members entitled to MALT will receive a flat per diem for each day of authorized travel time. Families traveling by private vehicle are allowed one (1) day of travel time for each 350 miles of official distance between duty stations. Per diem may be drawn up to ten (10) days in advance.

#### Temporary Lodging Expense (TLE)

TLE helps offset temporary housing costs (food & lodging) incurred during a PCS move in the United States. TLE is available for a maximum of ten (10)

days lodging in the vicinity of either your old or new duty station. Payment is made through the settlement of your travel claim.

#### Dislocation Allowance (DLA)

Service members with dependents are entitled to DLA to offset some of the hidden costs of closing one home and setting up another. These costs can include rent deposits, utility hookups, etc. Single or unaccompanied service members may draw DLA at the "without dependent" rate, if they will be moving into non-government quarters. DLA is NOT available to service members ordered from home to their first duty station; to single or unaccompanied service members who are assigned unaccompanied government quarters at a new duty station; retiring personnel; nor to those transferred to a duty station within the same geographical location. DLA can be drawn up to ten (10) days in advance and does not have to be repaid.

### **Exceptional Family Member Program (EFMP)**

Family members with special needs must be enrolled in the Exceptional Family Member Program (EFMP)/Special Needs (CG) to ensure that the medical, physiological, and psychological needs are identified and can be met at the receiving duty station. Please contact Naval Medical Center (NMC) Portsmouth or one of the Branch Medical Clinics for information and forms.

NMC Portsmouth handles all Navy EFM files in this area. The EFMP team is experienced in helping Navy EFM enrolled families. Call EFMP Regional Program Specialist at (757) 953-5833 for information on support groups, special education, and area resource referrals for all branches of service.

Coast Guard members should contact the **DEPENDENT RESOURCE COORDINATOR PROGRAM** at Integrated Support Command in Portsmouth, VA can be reached at 1-800-872-4957 ext.305. The Dependent Resource Coordinator (DRC) is responsible for accessing and marking of resources for the Special Needs, Child Care, Elder Care, Adoption Reimbursement and Scholarship Programs. The DRC provides direct services to service members, family members, retirees, civilian and reservists.

#### Special Needs

The Coast Guard recognizes the "special needs" family member as having physical, intellectual, developmental, medical, educational and emotional disabilities, regardless of age. Service members who recognized they have a family member eligible for the Special Needs Program may avail themselves of the following services: \*Enrollment \*Advocacy \*Information and referral \*Parent education \*Consultation

#### Child Care

The Child Care program is designed to assist in locating and identifying affordable and dependable child care both in home and center based. The Child Care Program is also responsible for providing information on certification requirements and resources for family members interested in becoming in-home care providers.

#### Elder Care Program

The Elder Care Program was created due to the increasing number of elder parents and other relatives being cared for by service members. The program seeks to provide a comprehensive resource file that assists members in accessing resources in the area of health, employment, recreation and support to include support groups.

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| <b>Name:</b> Navy EFMP   |
| <b>POC:</b> Regional Program Spe   |
| <b>Address:</b> 620 John Paul Jones Circle   |
| <b>City:</b> Portsmouth, VA 23708-2197   |
| <b>Phone:</b> (757) 953-5833   |
| <b>FAX:</b> (757) 953-7702   |
| <b>DSN Phone:</b> 564-0111   |
| <b>Comments:</b><br>Coast Guard and Marine Corps personnel should contact the EFM/ Special Needs Program Specialist for their branch of service to get information on applications and enrollment. |

### Household Goods In-Bound Shipments

The Consolidated Personal Property Office (PPO) Norfolk is a centralized office for the entire Southside Hampton Roads, Virginia area and Northern North Carolina. The PPO Norfolk handles all inbound household goods shipments for the services in Southside Hampton Roads. On arrival, call PPO and let a counselor know where you can be reached and when you will be ready to move in, etc. THIS IS VERY IMPORTANT - DO NOT DELAY!! The PPO Norfolk is located off of Hampton Blvd.,

near NAVSTA Norfolk, in the Personnel Support Mall, Bldg. 336.

Shipping Office (Navy) (757) 443-3700  
DSN 564-3700

(Be sure to carry your inventory and shipping documents with you. Remember: When you are waiting for your household goods, you can borrow lending locker items from FFSCs of Hampton Roads.)

|   |
|---|
| <b>Name:</b> Consolidated Personal Property Office (PPO)  |
| <b>POC:</b> NAVSTA Norfolk<br>7920 14th Street - Bldg. 336  |
| <b>City:</b> Norfolk, VA 23505  |
| <b>Phone:</b> 1-800-444-7789  |
| <b>WWW Link:</b><br><a href="http://www.nor.fisc.navy.mil/home/PPO.html">http://www.nor.fisc.navy.mil/home/PPO.html</a>   |
| <b>Comments:</b><br>Hours: 0800-1630; except Thurs.: 0800-1600<br>Closed Saturday/Sunday<br>This office handles all military personnel living in the southside (Norfolk, Virginia Beach, Chesapeake, Portsmouth, Suffolk, North Carolina, etc.) of Hampton Roads. |

|  |
|--|
| <b>Name:</b> Langley Transportation Office                         |
| <b>POC:</b> Langley Air Force Base                                 |
| <b>Address:</b> 1 TRNS/LGTS  |
| <b>City:</b> Hampton, VA 23665                                     |
| <b>Phone:</b> (757) 764-2044                                       |
| <b>Comments:</b><br>This office services Peninsula residents only. |

### Household Goods Out-Bound Shipments

Once you have accepted orders, be sure to set up an appointment with the Personal Property Shipping Office in your area, as soon as you have your orders. PPO will need anywhere from 3-15 copies, so make plenty.

You must do some decision-making before your appointment. As soon as you get your orders, sign up for the Smooth Move or Overseas Transfer Workshop at the FSC in your area, to get all the information you need. Be sure you have considered the following before your pack-out appointment:

1. Travel and leave dates: You will want to schedule your pack-out with a day or two buffer in case of delays.

2. Supplemental insurance coverage: Decide if you will need or want to purchase insurance over what the military automatically provides. You will be offered supplemental insurance when you arrange you move, if you decline at that time, you can still obtain insurance from an agent.

3. Approximate weight of household goods: PPO can help with this estimate, but be sure to mention large or heavy items.

4. Express shipments, regular shipments, and storage: Decide what you want to ship ahead, what you want in the main shipment, and what you want to store (if so entitled.)

5. Any special needs such as: pianos, boats, fire arms, climate controlled storage, etc.

Feel free to contact the Relocation Specialists at FFSCs of Hampton Roads about any aspect of your move.

#### SHIPMENTS:

Once orders are received, specific arrangements for personal property shipment can begin at the local transportation office.

Each pay grade has its own weight allowance, which is the maximum weight that can be moved at government expense under Joint Federal Travel Regulations (JFTR.) The allowance includes the combined weight of household goods shipped, placed in storage, or sent as unaccompanied baggage. Anything exceeding the maximum weight allowances must be paid by the service member. All shipments can be weighed before destination delivery and can be coordinated with the local transportation office.

NOTE: Some locations may have reduced weight allowances. Check with your transportation office.

**DOCUMENTS NEEDED:** Bring multiple copies of your orders (and amendments, as required) to the PPO Norfolk. Have sufficient copies to cover each type of shipment. Service members can appoint someone to conduct their shipment plans for them with a power of attorney. The appointment must be in writing, and a copy must be furnished to the transportation office when arranging the shipment. Contact the PPO for additional info.

**STORAGE:** The government provides two types of storage: Temporary and Non-Temporary. Temporary storage can be for up to 90 days. It can be used at either the origin, en route, or destination. An

additional 90-day emergency extension can be obtained by submitting a formal request in writing. This is not a climate controlled facility. Service members are expected to pay for any temporary storage time exceeding the 180 day period. Non-Temporary storage is long-term storage, authorized in specific areas, such as an overseas assignment.

**SHIPMENT ITEMS:** Household furnishings, appliances, equipment, clothing, personal effects, professional books, papers and equipment, and spare parts for a privately owned vehicle, including a motorcycle may be shipped.

In the Hampton Roads area, all shipments for all serves on the Southside are handled by the Personal Property Office (PPO) near the NAVSTA Norfolk.

|  |
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| <b>Name:</b> Consolidated Personal Property Office (PPO)   |
| <b>POC:</b> NAVSTA Norfolk   |
| <b>Address:</b> 7920 14th St. - Bldg. 336  |
| <b>City:</b> Norfolk, VA 23505   |
| <b>Phone:</b> (757) 443-3700 or 1-800 -444-7789  |
| <b>WWW Link:</b><br><a href="http://www.nor.fisc.navy.mil/home/PPO.html">http://www.nor.fisc.navy.mil/home/PPO.html</a>  |
| <b>Comments:</b><br>Hours: 0800-1630; except Thurs.: 0800-1600<br>Closed Sat./Sun.<br><br>This office handles all military personnel living on the Southside (Norfolk, Virginia Beach, Chesapeake, Portsmouth, Suffolk, etc.) of Hampton Roads |

|   |
|---|
| <b>Name:</b> Fort Eustis Personal Property Office |
| <b>POC:</b> Fort Eustis Army Base                 |
| <b>Address:</b> Bldg. 1608                        |
| <b>City:</b> Fort Eustis, VA 23604                |
| <b>Phone:</b> (757) 878-4664/4665                 |
| <b>FAX:</b> (757) 878-5751                        |
| <b>Comments:</b><br>Peninsula residents only.     |

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|--|
| <b>Name:</b> Langley Transportation Office                         |
| <b>POC:</b> Langley Air Force Base                                 |
| <b>Address:</b> 1 LRS/LGRT   |
| <b>City:</b> Hampton, VA 23665                                     |
| <b>Phone:</b> (757) 764-7868                                       |
| <b>FAX:</b> (757) 764-4157   |
| <b>Comments:</b><br>This office services Peninsula residents only. |

## Household Goods Claims

Household goods claims should be initiated immediately. DO NOT WAIT. Navy and Marine Corps personnel: upon checking-in, make an appointment at the Consolidated Personal Property Office Norfolk to set up a delivery date. A counselor will explain everything you must do to file your claim. There are time limits, so listen closely. Coast Guard personnel should contact your command claims officer.

**HOLD ON TO ALL YOUR PAPERWORK.** When making a claim you must know the date of purchase, price, description, and the amount you are claiming, whether for repair or replacement of each item. If you want a repair, you must get an estimate. Claims are submitted to the Claims Office at Navy Legal Services Office, NAVSTA Norfolk for processing.

Navy/MC can reach the Claims Office at (757) 444-4497/4498 or DSN 564-4497.

|   |
|---|
| <b>Name:</b> Claims Office                    |
| <b>POC:</b> Fort Eustis                       |
| <b>Address:</b> Bldg 2732                     |
| <b>City:</b> Fort Eustis, VA 23604            |
| <b>Phone:</b> (757) 878-3217                  |
| <b>Comments:</b><br>Peninsula residents only. |

|   |
|---|
| <b>Name:</b> Claims Office NAVSTA Norfolk |
| <b>POC:</b> Navy Legal                    |
| <b>City:</b> Norfolk, VA 23511            |
| <b>Phone:</b> (757) 444-5053/3634         |
| <b>DSN Phone:</b> 564-0111                |

## Household Goods Weight Allowances

| <i>Grade</i> | <i>Allowance w/Dependents</i> | <i>Allowance wo/Dependents</i> |
|--------------|-------------------------------|--------------------------------|
| E1           | 8,000                         | 5,000                          |
| E2           | 8,000                         | 5,000                          |
| E3           | 8,000                         | 5,000                          |
| E4           | 8,000                         | 7,000                          |
| E5           | 9,000                         | 7,000                          |
| E6           | 11,000                        | 8,000                          |
| E7           | 12,500                        | 10,500                         |
| E8           | 13,500                        | 11,000                         |
| E9           | 14,500                        | 12,000                         |
| W-1          | 12,000                        | 12,000                         |
| W-2          | 13,500                        | 12,500                         |
| W-3          | 14,500                        | 13,000                         |
| W-4          | 17,000                        | 14,000                         |
| O-1          | 12,000                        | 10,000                         |
| O-2          | 13,500                        | 12,500                         |
| O-3          | 14,500                        | 13,000                         |
| O-4          | 17,000                        | 14,000                         |
| O-5          | 17,500                        | 16,000                         |
| O-6+         | 18,000                        | 18,000                         |

## POV In-Bound Shipments

For more information on this subject:

Where is my POV?

<http://www.whereismypov.com>

Contact Military Traffic Management Command (MTMC) POV Processing Center in Portsmouth to handle incoming POV shipments. The Portsmouth Center is the centralized office for the entire Hampton Roads area for shipping and receiving POV's.

Inbound POV shipments are picked up at the Military Vehicle Processing Center in Portsmouth. Bring shipping paperwork (form DD788), a picture ID, and power of attorney or notarized letter authorizing someone other than the service member to pick up the car. SPOUSES NEED THIS, EVEN IF THE VEHICLE IS TITLED/REGISTERED IN THEIR NAME. Proof of insurance is not needed to pick up a vehicle; however, the state of Virginia requires insurance to drive the vehicle.

Directions to the Military Vehicle Processing Center:

From Norfolk: Take I-64 East to I-264 toward Portsmouth through the downtown tunnel. Take the first Greenwood Drive exit (4th exit past the tunnel). Follow Greenwood Drive to Airline Blvd. and turn right. The Center is located 1-2 miles down Airline Blvd. on the right, across the street from Food Lion.

From NW: Take Battlefield Blvd. North to I-64. Take the second exit onto I-64 East. Follow I-64 East to I-464 (toward downtown Norfolk.) Go through the downtown tunnel to Portsmouth. Take the first Greenwood Drive exit (4th exit past the tunnel). Follow Greenwood Drive to Airline Blvd. and turn right. The Center is located 1-2 miles down Airline Blvd. on the right, across the street from Food Lion.

|  |
|--|
| <b>Name:</b> MTMC Military Vehicle Processing Center                                   |
| <b>Address:</b> 3015 Airline Blvd.   |
| <b>City:</b> Portsmouth, VA 23701  |
| <b>Phone:</b> (757) 465-1107 or 1-800-810-7480   |
| <b>FAX:</b> (757) 465-3970   |
| <b>WWW Link:</b> <a href="http://www.whereismypov.com">http://www.whereismypov.com</a> |

## POV Out-Bound Shipments

For more information on this subject:

Where is my POV

<http://www.whereismypov.com>

Generally you will need to provide the vehicle processing office proof of registration, 4 copies of your orders, a picture ID (military or civilian), and a complete set of keys (no valet keys) when dropping your vehicle off. Additional requirements include less than 1/2 tank of gas and removal of all personal items, items not permanently mounted, and any hazardous materials from the vehicle. You may also need a letter granting permission for the vehicle to leave the State from any institution holding the title (such as a bank or credit union).

Contact the MTMC Military POV Processing Center or the FFSC in your area for additional information on preparing your POV for shipments.

|  |
|--|
| <b>Name:</b> MTMC Military POV Processing Center                                       |
| <b>Address:</b> 3015 Airline Blvd.   |
| <b>City:</b> Portsmouth, VA 23701  |
| <b>Phone:</b> (757) 465-1107 or 1-800-810-7480   |
| <b>FAX:</b> (757) 465-3970   |
| <b>WWW Link:</b> <a href="http://www.whereismypov.com">http://www.whereismypov.com</a> |

## POV Claims

At the time of pickup, carefully inspect your vehicle and confirm the tools and accessories inventory taken by the port personnel. Any damage or loss occurring between the time you turned the vehicle in for shipment and the time it was delivered to you at destination should be noted on the shipping document initiated by the shipper at the port of origin. This is done during the joint inspection performed by you and the port personnel. If there is loss or damage, port personnel should verify it on the DD Form 788 at that time. If you disagree with the opinions of the terminal inspector regarding loss or damage in-transit, record these exceptions on the DD Form 788. After the document has been signed, you will receive a copy, which you will need to support your claim for loss or damage.

|                                    |
|------------------------------------|
| <b>Name:</b> POV Claims Office     |
| <b>Address:</b> 3015 Airline Blvd. |
| <b>City:</b> Portsmouth, VA 23701  |
| <b>Phone:</b> (757) 465-1107       |
| <b>FAX:</b> (757) 465-3970         |

## Pet Boarding/Kennels

For more information on this subject:

<http://www.bizsearch.com>

There are no kennel facilities onboard Northwest or other area bases. Navy Lodges in the area do not allow pets.

There are more than 30 kennels and pet boarding facilities listed in the South Hampton Roads telephone book. Prices for boarding vary from around \$10.00 per day to \$30.00 per day, depending on the services offered. Many facilities offer second pet discounts and military discounts. Current vaccinations, including bordatella are required.

Below is a partial list of local kennels. Please consult the Yellow Pages for a complete listing.

|   |
|---|
| <b>Name:</b> Chalquest Hilton Kennels     |
| <b>Address:</b> 2525 St. Brides Road West |
| <b>City:</b> Chesapeake, VA 23322         |
| <b>Phone:</b> (757) 421-7411              |

|  |
|--|
| <b>Name:</b> Dominion Kennels            |
| <b>Address:</b> 505 Dominion Blvd. South |
| <b>City:</b> Chesapeake, VA 23322        |
| <b>Phone:</b> (757) 547-5922             |

|                                       |
|---------------------------------------|
| <b>Name:</b> Lannon's Animal Hospital |
| <b>Address:</b> (252) 264-3371        |
| <b>City:</b> Elizabeth City, NC 27909 |
| <b>Phone:</b> (252) 335-7708          |

|                                     |
|-------------------------------------|
| <b>Name:</b> Las Gaviotas Pet Hotel |
| <b>Address:</b> 1149 New Mill Drive |
| <b>City:</b> Chesapeake, VA 23322   |
| <b>Phone:</b> (757) 548-0049        |

|   |
|---|
| <b>Name:</b> Pasquotank Animal Hospital |
| <b>Address:</b> 1351 Hwy 17S            |
| <b>City:</b> Elizabeth City, SC 27909   |
| <b>Phone:</b> (252) 264-3371            |

## Pet Licensing

Rabies is common in the area so all dogs and cats must be vaccinated for rabies.

### VIRGINIA

All dogs and cats must be licensed in Virginia Beach and Norfolk. Only dogs need to be licensed in Chesapeake. Check with local community City Hall for other cities.

### NORTH CAROLINA

All dogs must be registered and are required to wear tags in the city and in the county. A LIFETIME tag may be purchased from the SPCA at a cost of \$10.00 each for 1 or 2 dogs. For 3 or more dogs there is a yearly renewal fee of \$20.00, due on 1 April. You will receive only one tag, which should be placed on the kennel if possible. For further information call the SPCA at (919) 338-5222

|   |
|---|
| <b>Name:</b> City Treasures Office  |
| <b>POC:</b> City Hall   |
| <b>Comments:</b><br>Chesapeake (757) 382-6281<br>Norfolk (757) 441-2931<br>Portsmouth (757) 393-8651<br>Suffolk (757) 923-3600<br>Virginia Beach (757) 427-4445 |

## Pet Quarantines

Contact the transportation office at your current installation for information on quarantine of animals inbound from your location. There is NO QUARANTINE in VIRGINIA or NORTH CAROLINA.

## Veterinary Services

In case of an emergency, you should seek civilian veterinary care, or after hours you can contact an Emergency Veterinary Clinic or one of the many other clinics listed in the yellow pages. Check the Yellow Pages for additional practices or for one closer to your new home.

### On-post Veterinaries

Veterinary services are available to active duty, retired military personnel and their families on an outpatient basis. Services include immunization, heartworm and fecal exams, health certificates and the diagnoses and treatment of diseases which are a threat to the health of the military community and their pets. A full line of flea, tick and heartworm control products are available for purchase. In compliance with Army/Air Force directives, the vet clinic does not provide emergency treatment, surgery, x-rays, boarding or treatment for non-diseases.

Service members living in base housing should register their pets by bringing proof of vaccination and any medical information to one of the Military Veterinary Treatment Facilities within 15 days of arriving. Housing areas require that dogs and cats be registered.

Eastern Virginia has an abundance of parasites to pester your animals. All dogs should be given heartworm preventative year round and should be tested for heartworm disease annually. Stool exams for intestinal parasites are recommended at least yearly. Fleas are a real problem in this area and should be suspected when pets begin scratching or chewing on themselves. Most veterinarians in the area recommend the same treatment be given to cats. Most Installation Veterinary Treatment Facility now sell heartworm and flea control products for both dogs and cats.

|  |
|--|
| <b>Name:</b> Emergency Veterinary Clinic                 |
| <b>POC:</b> for Peninsula                                |
| <b>Address:</b> 1120 George Washington Memorial Highway  |
| <b>City:</b> Tabb, VA 23669                              |
| <b>Phone:</b> (757) 874-8115                             |
| <b>Comments:</b><br>Open nights, weekends, and holidays. |

|   |
|---|
| <b>Name:</b> Greenbrier Veterinary Emergency Care   |
| <b>POC:</b> for Southside   |
| <b>Address:</b> 1100 Eden Way N., Suite 1001  |
| <b>City:</b> Chesapeake, VA 23320   |
| <b>Phone:</b> (757) 366-9000  |
| <b>Comments:</b><br>Located next to the Greenbrier Mall. Open nights, weekends, and holidays. |

|                                       |
|---------------------------------------|
| <b>Name:</b> Lannon's Animal Hospital |
| <b>Address:</b> 609 Hull Drive        |
| <b>City:</b> Elizabeth City, NC 27909 |
| <b>Phone:</b> (252) 335-7708          |

|                                     |
|-------------------------------------|
| <b>Name:</b> Moyock Animal Hospital |
| <b>Address:</b> 188 Caratoke Hwy    |
| <b>City:</b> Moyock, NC 27958       |
| <b>Phone:</b> 435-2250              |

|  |
|--|
| <b>Name:</b> Norfolk Veterinary Treatment Facility     |
| <b>POC:</b> NAVSTA Norfolk First Ave.                  |
| <b>Address:</b> Bldg. U-121                            |
| <b>City:</b> Norfolk, VA                               |
| <b>Phone:</b> (757) 445-0922                           |
| <b>Comments:</b><br>Pets are seen by appointment only. |

|   |
|---|
| <b>Name:</b> Pasquotank Animal Hospital |
| <b>Address:</b> 1351 Hwy 17S            |
| <b>City:</b> Elizabeth City, NC 27909   |
| <b>Phone:</b> (252) 264-3371            |

|  |
|--|
| <b>Name:</b> Pet Treatment Facility                |
| <b>POC:</b> Fort Eustis                            |
| <b>Address:</b> Bldg. 2788<br>580 Jefferson Avenue |
| <b>City:</b> Newport News, VA 23604                |
| <b>Phone:</b> (757) 878-5824                       |
| <b>FAX:</b> (757) 878-1680                         |
| <b>Comments:</b><br>Call for more information.     |

|   |
|---|
| <b>Name:</b> Site Veterinarian            |
| <b>POC:</b> Fort Monroe                   |
| <b>Address:</b> Bldg T-191, Darby Street  |
| <b>City:</b> Hampton, VA 23651            |
| <b>Phone:</b> (757) 727-2623              |
| <b>Comments:</b><br>Call for appointment. |

|  |
|--|
| <b>Name:</b> Veterinary Clinic                 |
| <b>POC:</b> Langley AFB                        |
| <b>City:</b> Hampton, VA 23665                 |
| <b>Phone:</b> (757) 764-5678/4076              |
| <b>Comments:</b><br>Call for more information. |

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|--|
| <b>Name:</b> Veterinary Treatment Facility             |
| <b>POC:</b> Fort Story                                 |
| <b>Address:</b> Bldg. 533, Soloman Road                |
| <b>City:</b> Fort Story, VA                            |
| <b>Phone:</b> (757) 422-7734                           |
| <b>Comments:</b><br>Pets are seen by appointment only. |

## Pet Transportation

For more information on pet air transportation regulations, call the following:

Air Mobility Command, NAVSTA Norfolk.....(757) 444-4148

Norfolk International Airport.....(757) 857-3200

## PCS Reporting Procedures

Please see ARRIVAL INFORMATION under the MUST KNOW ITEMS subsection of the INSTALLATION OVERVIEW section for more detailed reporting information. For singles, please refer to the UNACCOMPANIED PCS related subject later in this section.

Arrangements should be made for your sponsor to meet you when you arrive at the airport. If you do not have a sponsor, contact the Armed Services YMCA information desk or the USO of Hampton Roads inside Norfolk International Airport for directions and information. You can catch a shuttle bus or taxi to NSA Norfolk.

## Separation Procedures

A 4day Transition Assistance Program (TAP) is offered by the FFSCs of Hampton Roads. Contact your Command Career Counselor for a quota.

The Relocation Assistance Program Specialist can provide information and resources for your new home. Various resources are available for you to compare cost of living, crime, education, and other statistics on different areas of the United States. Employment information, tourist information, and maps are also available.



## Billeting

TEMPORARY QUARTERS: Northwest has temporary quarters on base for accompanied or unaccompanied officer personnel and for unaccompanied enlisted personnel. There are limited temporary quarters for married enlisted personnel. Call the Consolidated Bachelor Quarters for rates, availability, and reservations.

There are 3 Navy Lodges in the Norfolk/Virginia Beach area, each approximately 35 miles from Northwest. For additional information and reservations, call the Navy Lodge at 1-800-NAVY-INN, or check below where you will find phone numbers, website, and locations for the Navy Lodges.

Northwest has a campground where some families decide to stay. Campers have a choice of 18 campsites that can be reserved from MWR. There are shower facilities and RV hookups on the campgrounds. With a pool, bowling alley, and other amusements not far away; this can be a fun, convenient alternative. For information and reservations, call Northwest MWR (757) 421-8260.

See the Yellow Pages for a complete listing of furnished short-term housing options. Below are several of the companies offering short-term housing and nearby hotels in Chesapeake, VA and Elizabeth City, NC. Call for rates and availability, as they differ from summer to winter.

|                                    |
|------------------------------------|
| <b>Name:</b> Comfort Inn           |
| <b>POC:</b> 306 South Hughes Blvd. |
| <b>City:</b> Elizabeth City, NC    |
| <b>Phone:</b> (252) 338-8900       |

|                                      |
|--------------------------------------|
| <b>Name:</b> Comfort Suites          |
| <b>Address:</b> 1550 Crossways Blvd. |
| <b>City:</b> Chesapeake, VA 23320    |
| <b>Phone:</b> (757) 420-1600         |
| <b>Comments:</b><br>No pets.         |

|                                      |
|--------------------------------------|
| <b>Name:</b> Courtyard Marriott      |
| <b>Address:</b> 1562 Crossways Blvd. |
| <b>City:</b> Chesapeake, VA 23320    |
| <b>Phone:</b> (757) 420-1700         |
| <b>Comments:</b><br>No pets.         |

|  |
|--|
| <b>Name:</b> Days Inn  |
| <b>Phone:</b> 1-800-DAYS-INN   |
| <b>WWW Link:</b> <a href="http://www.daysinn.com/ctg/cgi-bin/DaysInn">http://www.daysinn.com/ctg/cgi-bin/DaysInn</a>   |
| <b>Comments:</b><br>No pets.<br><br>1433 North Battlefield Blvd.<br>Chesapeake, VA 23320<br>(757) 547-9262<br><br>308 South Hughes Blvd.<br>Elizabeth City, NC 27909 |

|  |
|--|
| <b>Name:</b> ExecuStay By Marriott   |
| <b>Phone:</b> 1-800-705-7829   |
| <b>Comments:</b><br>Short-term furnished apartments in the Hampton Roads area. |

|  |
|--|
| <b>Name:</b> Extended Stay America                               |
| <b>Address:</b> 1540 Crossways Blvd.                             |
| <b>City:</b> Chesapeake, VA 23320                                |
| <b>Phone:</b> (757) 424-8600                                     |
| <b>Comments:</b><br>Extended stay hotel accommodations. No pets. |

|   |
|---|
| <b>Name:</b> Hampton Inn  |
| <b>Address:</b> 701A Woodlake Drive   |
| <b>Phone:</b> 1-800-HAMPTON   |
| <b>WWW Link:</b> <a href="http://www.hampton-inn.com">http://www.hampton-inn.com</a>  |
| <b>Comments:</b><br>701A Woodlake Drive<br>Chesapeake, VA 23320<br>(757) 420-1550<br><br>402 Halstead Blvd.<br>Elizabeth City, NC 27909<br>(252) 333-1800 |

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|--|
| <b>Name:</b> Motel 6   |
| <b>Address:</b> 701 Woodlake Drive                                 |
| <b>City:</b> Chesapeake, VA 23320                                  |
| <b>Phone:</b> 1-800-466-8356 or (757) 420-2976                     |
| <b>WWW Link:</b> <a href="http://motel6.com">http://motel6.com</a> |
| <b>Comments:</b><br>Call about pets.                               |

|  |
|--|
| <b>Name:</b> Navy Lodges in Hampton Roads  |
| <b>Phone:</b> 1-800-NAVY-INN (1-800-628-9466)  |
| <b>WWW Link:</b> <a href="http://www-nmcp.med.navy.mil/localarea/locallodges.asp">http://www-nmcp.med.navy.mil/localarea/locallodges.asp</a>   |
| <b>Comments:</b><br>FCTC Dam Neck<br>1697 Regulus Avenue<br>Virginia Beach, VA 23461<br>(757) 437-8100<br><br>NAB Little Creek<br>Bldg. 3531<br>Norfolk, VA 23521<br>(757) 464-6215<br><br>NAVSTA Norfolk<br>7810 Hampton Blvd.<br>Norfolk, VA 23521<br>(757) 489-2656 |

|  |
|--|
| <b>Name:</b> Oakwood Corporate Housing   |
| <b>Phone:</b> 1-800-592-7947 or (757) 200-7700                                 |
| <b>WWW Link:</b> <a href="http://www.oakwood.com">http://www.oakwood.com</a>   |
| <b>Comments:</b><br>Short-term furnished apartments in the Hampton Roads area. |

|                                      |
|--------------------------------------|
| <b>Name:</b> Red Roof Inn            |
| <b>Address:</b> 724 Woodlake Drive   |
| <b>City:</b> Chesapeake, VA 23320    |
| <b>Phone:</b> (757) 523-0123         |
| <b>Comments:</b><br>Call about pets. |

|  |
|--|
| <b>Name:</b> Super 8 Motel   |
| <b>Address:</b> 100 Red Cedar Court  |
| <b>City:</b> Chesapeake, VA 23320  |
| <b>Phone:</b> (757) 547-8880   |
| <b>WWW Link:</b> <a href="http://www.super8.com/ctg/cgi-bin/Super8">http://www.super8.com/ctg/cgi-bin/Super8</a> |
| <b>Comments:</b><br>Call about pets.   |

|   |
|---|
| <b>Name:</b> TownePlace Suites  |
| <b>Address:</b> 2000 Old Greenbrier Road  |
| <b>City:</b> Chesapeake, VA 23320   |
| <b>Phone:</b> (757) 523-5004  |
| <b>Comments:</b><br>Extended stay hotel suites. Fully equipped kitchen in each room. Call about pets. |

|  |
|--|
| <b>Name:</b> Travelers Inn             |
| <b>Address:</b> 1211 North Road Street |
| <b>City:</b> Elizabeth City, NC 27909  |
| <b>Phone:</b> (252) 338-5451           |

|                                      |
|--------------------------------------|
| <b>Name:</b> Wellesley Inn           |
| <b>Address:</b> 1750 Sara Drive      |
| <b>City:</b> Chesapeake, VA 23320    |
| <b>Phone:</b> (757) 366-0100         |
| <b>Comments:</b><br>Call about pets. |

|                                       |
|---------------------------------------|
| <b>Name:</b> Whistling Pines Motel    |
| <b>Address:</b> 1511 US 17 South      |
| <b>City:</b> Elizabeth City, NC 27909 |
| <b>Phone:</b> (252) 335-0817          |

## Unaccompanied PCS

Single service members will receive a warm welcome from the Information Desk at the Armed Services YMCA or the USO of Hampton Roads, located in the Norfolk International Airport. There are newspapers, magazines, movies, and games to keep you occupied if you have to wait. An active duty Navy/Marine Corps representative is there to assist you with directions and transportation. While you are there, take a minute to look over a local map and get oriented with the Hampton Roads area.

If you do not have a sponsor or if your sponsor does not arrive, Navy personnel call the NSA Norfolk during working hours at (757) 836-1844 or contact the CDO by pager at (757) 459-1563 after normal working hours for more information.

Coast Guard and Marine Corps personnel should contact your parent command or call (757) 444-0000 to reach the base operator or 444-NAVY for assistance.

There is no local bus service from the Norfolk International Airport to Northwest.

See **MUST KNOW ITEMS** under the **INSTALLATION** section for directions to the base and additional arrival information.

When you arrive at Northwest, Navy personnel check in at the NSA Norfolk, Northwest Annex Quarterdeck, in Building 145. You will be directed to the barracks where you will be assigned a room. The next day you will begin to check in around the base with your sponsor. If you do not have a sponsor, ask

the Norfolk Command Master Chief to assign you one.

See **MUST KNOW ITEMS** under the **ARRIVAL INFORMATION** section for members of other services.

Be sure to visit FFSC NW for loads of information on fun things to do in the area and pick up maps of North Carolina and Virginia; "The Joint" single service member center has information on trips, events, transportation, movie schedules, and fun for single people. Northwest also has a Bowling Alley, Pool, Gym, Racketball and Tennis Courts, and Fitness Center.

If you are hungry, you had better stop at the 7-11 before turning onto Ballahack Road from Hwy 168. There are no other stores on Ballahack Road!

If you arrive on a weekend and are without a car, the MWR shuttle bus provides transportation to the Greenbrier Mall, Lynnhaven Mall, and the Virginia Beach oceanfront Fri. to Sun. and on holidays. Schedules are posted at the Bowling Alley, Mariner Center, and "The Joint".

Welcome Aboard!!

## **Support Services**

### **Support Services Overview**

For more information on this subject:  
NSA Norfolk  
<http://www.nsa-norva.navy.mil>

Northwest offers a wide range of support services to personnel and families attached to NSA Norfolk, Northwest Annex and its tenant commands. Those offering services include the Fleet and Family Support Center, the Housing Welcome Center, the Chaplain and religious support staff, MWR, the Child Development Center, Youth Center, NEX, Mariner Community Center, "The Joint," and a wide variety of community services.

Please refer to **COMMONLY REFERENCED NUMBERS** under the **INSTALLATION** section for phone numbers.

### **Family Centers**

All too often we hear, "Wow, I wish I'd known about these services sooner!"

We want to be sure you know that the professionals at your Fleet and Family Support Center (FFSC) offer helpful programs and services to assist you in meeting the unique challenges of military life. And because of your military affiliation, these valuable programs and services are available to you at no cost! Why not take advantage of them?

The Fleet and Family Support Center Northwest (FFSC NW) building is located outside the main gate in Building 374, located between the Chapel and the Child Development Center (CDC), across the parking lot from the Mariner Community Center/The Joint/ITT. The FFSC NW is open Mon.- Wed. 0800 - 1630, Thur. 0800 -1830, and Fri. 0800 - 1430. The following services are available at the FFSCs of Hampton Roads.

**A PLACE TO FIND SOLUTIONS** Lots of people encounter difficult situations or crises in their lives..things like new jobs, new babies, marital problems, or stress at work. Counseling can help! It gives you a chance to develop new problem-solving skills, so you can reduce your stress-level and focus on solutions. Your Fleet and Family Support Center is staffed with fully qualified, licensed counselors who know how to help. Ask for the intake counselor.

**RELIEF FROM STRESS** If you let it, stress can take a serious toll on your health, your personal life, your family, and your career. In addition to stress management workshops for active duty or family members, FFSC also offers programs to help reduce the stress of deployments and parenting.

**MORE MONEY** O.K. so we can't really give you more money, but we can help you manage what you've got so it goes a lot further! Here's how FFSC's fully qualified financial education specialists can help: Provide financial management workshops such as Savings and Investments, Developing Your Spending Plan, and Art of Money Management. Helpful information for consumers, like Car Buying Strategies, Buyer Beware, and Insurance-What's Best for You?

**A HEAD START ON YOUR FUTURE** Are you separating or retiring soon? The more prepared you are, the brighter your future will be! The Transition Assistance Program (TAP) is a four-day workshop that covers resume writing, interviewing skills, salary negotiations, military benefits, and many other topics to help smooth your transition from military to civilian life. See your command career counselor for a quota to attend!

**PEACE OF MIND FOR PARENTS** The truth is, no parent is perfect. Like all other moms and dads, you can learn and grow with strategies from today's leading experts in childrearing. That's what FFSC brings to you: workshops and resources based on techniques that get results. Improvements include better behavior, better communications, less arguing, and improved self-esteem. There are lots of great reasons to check out FFSC parenting workshops including more peace and quiet for you!

**FEWER HEADACHES WHEN YOU MOVE** Whether you're arriving in (or departing from) the Hampton Roads area, FFSC relocation services can make the move easier on you and your family: Welcome Aboard Packets and information about other bases worldwide, lending of household items, workshops to prepare you for the challenges of moving, including Overseas Transfer and Smooth Move Workshops, language video and audio tapes.

**ANSWERS WHEN YOU NEED THEM** Count on the expert knowledge of FFSC specialists for up-to-date information on military and community resources, including TRICARE, childcare, non-support, and schools-as well as strategies for meeting the needs of people with disabilities. For a personal consultation, call or visit your nearest FFSC. Information is also available 24 hours a day: 444-NAVY or 1-800-FSC-LINE.

**JOB RESOURCES FROM A TO Z** FFSC's Career Development Resource Center (CDRC) spells success for your employment future! Military spouses and family members are also encouraged to take advantage of these state-of-the-art career services: Employment and career workshops, individual career counseling, current job listings and occupational information, resume writing and government job application software, computerized job searching (nationwide) and internet access.

There are seven FFSCs in the Hampton Roads Area for your convenience. Call any FFSC of Hampton Roads for more information on any program or service.

## Information and Referral

The Information and Referral (I&R) Specialist at FFSC NW maintains a comprehensive list of military and community resources and referrals. So, no matter the question, give the I&R specialist a call when you are not sure where to go to get an answer.

Also, see SUPPORT GROUPS under the SUPPORT SERVICES section for more area resources.

The following are several area information and referral resources:

|   |
|---|
| <b>Name:</b> American Red Cross   |
| <b>City:</b> Hampton Roads, VA  |
| <b>Phone:</b> 1-877-272-7337  |
| <b>Comments:</b><br>After hours call:<br>Emergency (regional) Services Center 1-877-272-7337<br>In Norfolk (757) 446-7756 (24 hours)<br>NAVSTA Norfolk Language Bank Services (757) 440-1111<br>Emergency communications, information and referral, counseling, CPR and first aid training. |

|  |
|--|
| <b>Name:</b> FFSC Information and Referral   |
| <b>City:</b> Hampton Roads, VA   |
| <b>WWW Link:</b> <a href="http://www.ffscnorva.navy.mil">http://www.ffscnorva.navy.mil</a>   |
| <b>Comments:</b><br>Toll Free..1-800-FSC-LINE<br>After Hours (757) 444-NAVY<br>Little Creek (757) 462-7563<br>Newport News (757) 688-6289<br>Norfolk (757) 444-2102<br>Northwest (757) 421-8770<br>Oceana (757) 433-2912<br>Portsmouth (757) 396-1255<br>Yorktown (757) 887-4606 |

|  |
|--|
| <b>Name:</b> Family Advocacy Program   |
| <b>Comments:</b><br>Fort Eustis (757) 878-0901/0914<br>Fort Story (757) 422-7311<br>Langley AFB (757) 764-2427<br>NAB Little Creek (757) 462-4277<br>NAS Oceana/Dam Neck (757) 433-2555/2558<br>NAVSTA Norfolk (757) 444-2230-5490<br>NMC Portsmouth (757) 953-7801<br>NSA Norfolk, Northwest Annex (757) 421-8770<br>NWS Yorktown (757) 887-4301<br>ISC Portsmouth (757) 686-4023/4026/4027 |

|  |
|--|
| <b>Name:</b> TAPS (Tragedy Assistance Program for Survivors, Inc.)                                   |
| <b>Phone:</b> 1-800-959-8277   |
| <b>Comments:</b><br>Information for military families who have lost a loved one in the line of duty. |

## Financial Assistance Programs

All Fleet and Family Support Centers of Hampton Roads offer financial planning and counseling services. Please refer to the FFSC numbers in the INFORMATION AND REFERRAL subsection above.

The Navy-Marine Corps Relief Society offers loans and grants for financial emergencies on a case-by-case basis. For more information, please contact one of the organizations listed below.

|                                     |
|-------------------------------------|
| <b>Name:</b> Coast Guard Mutual Aid |
| <b>Phone:</b> (757) 686-4100        |

|  |
|--|
| <b>Name:</b> Navy-Marine Corps Relief Society  |
| <b>City:</b> Hampton Roads, VA   |
| <b>Phone:</b> (757) 444-NAVY or 1-800-FSC-LINE   |
| <b>WWW Link:</b> <a href="http://www.nmcrrs.org">http://www.nmcrrs.org</a>   |
| <b>Comments:</b><br>Out of local dialing area call..1-800-FSC-LINE<br>Emergency night calls..(757) 444-NAVY<br>Little Creek..(757) 462-9364<br>Norfolk..(757) 423-8830<br>Oceana..(757) 425-5789<br>Yorktown..(757) 887-5016 |

## Emergency Assistance

For the numbers to American Red Cross, Navy-Marine Corps Relief Society, and Fleet and Family Support Centers of Hampton Roads see the INFORMATION AND REFERRAL and FINANCIAL ASSISTANCE PROGRAMS subsections above. Also, see IN-TRANSIT EMERGENCIES under the RELOCATION SERVICES section.

## Family Advocacy

Family Advocacy Program (FAP) information and assistance can be obtained through any of the local FFSCs of Hampton Roads. See the INFORMATION AND REFERRAL subsection above for the phone numbers.

## Single Member Services

Joint Forces Singles Center NW, "The Joint" is a very active center operated by MWR. "The Joint", is located in Mariner Community Center/ITT building across the parking lot from the Chapel. "The Joint" offers a relaxed environment in which to play electronic darts, watch a movie on a 60-inch TV in full surround sound, use the computers with Internet

connection, or play the latest video games. MWR sponsors camping, rafting, horseback riding, canoeing, skiing, sightseeing, and other trips and excursions. MWR can plan day and evening trips, pool parties, dances, contests, and other fun special events.

MWR operates a shuttle bus on Friday afternoon, weekends, and holidays that will get you to the mall, the beach, and around town. The shuttle bus stops at the Greenbrier and Lynnhaven Malls and allows connections to Hampton Roads Transit (HRT) with local buses, that can take you to most points around the Hampton Roads area.

Be sure to stop by MWR and FFSC NW to find out what is going on in the area when you get here!

|   |
|---|
| <b>Name:</b> "The Joint"                        |
| <b>POC:</b> Joint Forces Singles                |
| <b>Address:</b> Mariner Community Center/ITT NW |
| <b>City:</b> Chesapeake, VA 23322               |
| <b>Phone:</b> (757) 421-8107                    |

## Support Groups

There are hundreds of support groups in the Hampton Roads Area. Contact FFSCs of Hampton Roads or TRICARE for specific information on support groups.

|   |
|---|
| <b>Name:</b> Fleet and Family Support Centers   |
| <b>POC:</b> of Hampton Roads  |
| <b>Phone:</b> 1-800-FSC-LINE or 444-NAVY  |
| <b>E-Mail:</b> <a href="mailto:navfamcenter@nwsy.navy.mil">navfamcenter@nwsy.navy.mil</a>   |
| <b>WWW Link:</b> <a href="http://www.ffscnorva.navy.mil">http://www.ffscnorva.navy.mil</a>  |
| <b>Comments:</b><br>FFSCs of Hampton Roads<br>LITTLE CREEK (757) 462-7563<br>NEWPORT NEWS (757) 688-NAVY<br>NORFOLK (757) 444-2102<br>PORTSMOUTH (757) 396-1255<br>NORTHWEST (757) 421-8770<br>OCEANA (757) 433-2912<br>YORKTOWN (757) 887-4606 |

|                                    |
|------------------------------------|
| <b>Name:</b> OMBUDSMAN Information |
| <b>Phone:</b> (757) 444-6288       |

## Morale, Welfare, and Recreation

The Morale, Welfare and Recreation (MWR) department at NSA Norfolk, Northwest Annex is always dreaming up new and fun things to do. For

more information on events, game schedules, discount tickets and tours call MWR at (757) 421-8260.

|  |
|--|
| <b>Name:</b> Bowling Center  |
| <b>Phone:</b> (757) 421-8267   |
| <b>Comments:</b><br>Four lanes, snack bar, game room. Special events, luncheon barbeques, custom tee shirt printing. |

|   |
|---|
| <b>Name:</b> Fitness Center   |
| <b>Phone:</b> (757) 421-8263  |
| <b>Comments:</b><br>The Fitness Center offers state-of-the-art equipment. |

|  |
|--|
| <b>Name:</b> Gymnasium   |
| <b>Phone:</b> (757) 421-8303   |
| <b>Comments:</b><br>Basketball court, locker rooms, saunas, aerobics classes, intramural volleyball, softball, and an outdoor volleyball sand court. |

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| <b>Name:</b> ITT  |
| <b>Phone:</b> (757) 421-8628  |
| <b>Comments:</b><br>Information, Tickets & Tours (ITT) where you can purchase discount tickets for various local attractions and theme parks, plus local movie theaters. For airline reservations, call SATO at (757) 440-9530. You can then pick up and pay for the tickets at the ITT office. |

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| <b>Name:</b> MWR Admin Office  |
| <b>Address:</b> Bldg. 269  |
| <b>Phone:</b> (757) 421-8260   |
| <b>WWW Link:</b> <a href="http://www.nsa-norva.navy.mil/mwr/mwr-cover.htm">http://www.nsa-norva.navy.mil/mwr/mwr-cover.htm</a> |
| <b>Comments:</b><br>MWR will answer all your questions about base recreation.  |

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| <b>Name:</b> Mariner Community Center   |
| <b>Phone:</b> (757) 421-8250/8251   |
| <b>Comments:</b><br>The Mariner Community Center shows movies on the weekends, hosts dances, bands and special events. The Center contains a big screen TV, bar, dining area, ITT, and the JOINT. |

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| <b>Name:</b> Swimming Pool  |
| <b>Phone:</b> (757) 421-8268  |
| <b>Comments:</b><br>25-meter outdoor pool. Usually opens Memorial Day weekend and closes after Labor Day. Active duty only 1100-1300 lap swim. Open swim 1300-1900 with one lap lane. Pool can be reserved for parties and events. Call for more information. |

## Chapel Services and Programs

The Chaplain and staff are eager to welcome you to Northwest and help you meet your spiritual needs. The Chapel at Northwest is an active member of the base community, with classes, bible study, services, and many events and programs. Personnel find it a place of friendship, fellowship, and worship. Call the Chapel for more information on Roman Catholic Mass, CCD, Protestant Services and Protestant Sunday School at (757) 421-8204/8205.

Walk-in and appointment pastoral services are available Mon. - Fri. 0800 - 1600.

Devotional literature is available in the Chapel lobby.

## Drug and Alcohol

Active duty personnel with drug, alcohol, or other substance abuse problems will work through the command DAPA. Alcohol Rehabilitation Department (ARD) provides outpatient/inpatient assistance with alcohol, drug abuse, and compulsive eating disorders. Referral to ARD will be made through the Command DAPA.

Family members experiencing drug, alcohol, or other substance abuse problems should call TRICARE. Counselors will provide screening, counseling, and referrals, as necessary. For information on area substance abuse support groups, call the FFSCs of Hampton Roads.

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| <b>Name:</b> Alcohol Rehabilitation Departments   |
| <b>Address:</b> Area Bases  |
| <b>City:</b> Hampton Roads, VA  |
| <b>Comments:</b><br>NAB Little Creek..(757) 462-7524/8148<br>NAS Oceana..(757) 433-3433/3436<br>NAVSTA Norfolk..(757) 444-3475/4019 |

## Legal Assistance

Naval Legal Services provides advice, but not trial representation. An appointment is necessary for

powers of attorney, wills, and advice on contracts and consumer protection laws. Active-duty personnel who wish assistance must wear the uniform of the day at his/her appointment. Naval Legal Services does not handle civil suits, divorces, civilian criminal cases or non-support separation nor civilian criminal matters or any matters which entail court representation. Full legal assistance services can be obtained at the installations listed below. Taxes are done through Legal January through April. Tax centers are set up in several areas. Call Navy Legal Services or FFSCs of Hampton Roads for more information.

Notary services for both North Carolina and Virginia are available at Northwest through MWR. Call NW MWR at (757) 421-8260/8265 for availability.

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| <b>Name:</b> Military Legal Services Offices   |
| <b>Comments:</b><br>Notary services for both North Carolina and Virginia are available at Northwest through MWR.   |
| <br>Full legal assistance services can be obtained at:<br>Fort Eustis..(757) 878-3217<br>Fort Monroe..(757) 788-3616<br>Langley AFB..(757) 764-3277<br>NAB Little Creek..(757) 462-4759<br>NAS Oceana..(757) 433-2230/3116<br>NAVSTA Norfolk..(757) 444-5300/5053/3634 |
| <br>Limited legal assistance services can be obtained at:<br>NWS Yorktown..(757) 887-7120  |

## Child And Teen Services

### Child and Teen Services Overview

There are a variety of childcare options available in the Hampton Roads area. Each base has a Child Development Center for active duty service members and their families. Unfortunately, the waiting period can sometimes be quite long. However, they can assist you in founding affordable, quality civilian care, whether it be home care providers or a day care facility.

Northwest takes good care of its kids! The Youth Center, Child Development Center (CDC), and MWR work together to ensure a fun, educational atmosphere for children. The CDC works with children from 6 weeks to 5 years old. Once the child reaches school age (5), they go to the Youth Center.

Read on for specifics on programs and services offered.

### New Parent Program

The Navy-Marine Corps Relief Society offers a "Budget For Baby" at various locations for personnel in the Navy, Marine Corps, and Coast Guard at any paygrade. Please call for registration, locations, and times. Stop by FFSCs of Hampton Roads for additional parenting education information and area parenting resources.

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| <b>Name:</b> Budget for Baby   |
| <b>POC:</b> Navy-Marine Corps Relief Society   |
| <b>City:</b> Hampton Roads, VA   |
| <b>Comments:</b><br>The class gets you thinking about those upcoming baby expenses and how to cut the costs, as well as help you develop a family financial plan. Bring ID, LES, and either a doctors note or ultra sound as proof of pregnancy. Call for date and time of classes or to register. |
| <br>NAS Oceana (757) 425-5789<br>NAB Little Creek (757) 464-9364<br>Norfolk/Yorktown/Newport News (757) 423-8830<br>NMC Portsmouth (757) 399-1675  |
| <br>To receive a layette, the mother must be within 6 months of her due date or the newborn must be less than 4 weeks old. This is also for those adopting infants.  |

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| <b>Name:</b> Catholic Charities of Hampton Roads                                   |
| <b>Phone:</b> (757) 467-7707   |
| <b>Comments:</b><br>Provides parenting classes and parenting issues presentations. |

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| <b>Name:</b> Chesapeake Family Resources Center  |
| <b>Phone:</b> (757) 382-6925   |
| <b>Comments:</b><br>Provides a centralized information and referral telephone line, which accesses a comprehensive resource database of services available free-of-charge for Chesapeake families. |

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| <b>Name:</b> Chesapeake General Hospital        |
| <b>City:</b> Chesapeake, VA, VA                 |
| <b>Phone:</b> (757) 482-6188                    |
| <b>Comments:</b><br>Sponsors parenting classes. |

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| <b>Name:</b> New Parent Support Team  |
| <b>Phone:</b> (757) 444-2230  |
| <b>Comments:</b><br>A voluntary, confidential, early intervention program for new and expectant military families. Services include, but are not limited to: support for new parents, referral to community resources, education about pregnancy, birth & parenting, home consultations, videos & literature, and information and referral. |

### Child Care Programs - on Installation

Northwest has a wonderful Child Development Center (CDC) with a dedicated, trained staff. To register, please call the CDC. If possible, obtain a DD Form 2606, "Department of Defense Child Development Program Request for Care Record," from the Child Development Center at your current installation and fax it to the CDC at Northwest.

Prices are determined by total family income and the children of single parents have first priority. The CDC has first rate play and learning equipment, separate sleep and play areas for children of different ages, and a safe, fenced area. All care providers undergo ongoing training and education.

Hampton Roads, VA has a Regional Child Care Resource and Referral Office for special needs, long-term, or drop off services. Prices are negotiated individually. Providers undergo certification and receive continual training. To connect with a child care provider or for more information, call the Regional Child Care Resource and Referral Office listed below for Child Care in Virginia. If you are in North Carolina, try the website listed below for child care resources.

The housing area has rules about the ages of children that can be left alone, overnight stays, etc. Please be sure to get current information upon arrival.

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| <b>Name:</b> Child Development Center (CDC) NW     |
| <b>City:</b> Chesapeake, VA                        |
| <b>Phone:</b> (757) 421-8266/8739                  |
| <b>FAX:</b> (757) 421-8740                         |
| <b>Comments:</b><br>Hours: Mon. - Fri. 0600 - 1800 |

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| <b>Name:</b> Regional Child Care Resource and Referral   |
| <b>City:</b> Hampton Roads, VA   |
| <b>Phone:</b> (757) 444-7420 or 444-3670   |
| <b>Comments:</b><br>For a list of all child care providers (757) 444-7420<br><br>Inquires to be added to waiting list for CDCs (757) 444-3670<br><br>CDC NW (757) 421-8266 |

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| <b>Name:</b> Youth Center NW  |
| <b>City:</b> Chesapeake, VA   |
| <b>Phone:</b> (757) 421-8258  |
| <b>Comments:</b><br>For children of school age (5 years old and above). |

### Child Care Programs - Community

There are numerous child care providers in the Hampton Roads area and all referrals are made through the Regional Child Care Resource and Referral Office.

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| <b>Name:</b> North Carolina Child Care Resources  |
| <b>WWW Link:</b><br><a href="http://ncchildcare.dhhs.state.nc.us/parents/pr_sn2_ov.asp">http://ncchildcare.dhhs.state.nc.us/parents/pr_sn2_ov.asp</a> |

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| <b>Name:</b> Regional Child Care Resource and Referral, VA  |
| <b>Phone:</b> (757) 444-7420  |
| <b>DSN Phone:</b> 564-7420  |
| <b>Comments:</b><br>Child care resources in North Carolina are not covered by the Regional Child Care Resource & Referral Office. |

### Things To Do - Clubs and Social

The Youth Center is open daily. The after school school-age care program runs from 1430 - 1730, for children 5-18 years old (or still enrolled in high school). The Center is open from 1730-2000 for recreation. The Center offers a supervised environment with a variety of games and activities such as pool, foosball, video games, arts & crafts, theme parties and an assortment of table games. A wide range of weekly and monthly activities are available, such as field trips, street dances, pizza parties, and many other events and outings. The center has an active Boys and Girls Club of America. The local 4H club sponsors all sorts of fun events and camps throughout the year, especially in the



summer. There are also many Girl and Boy Scout Troops in the area.

The Chesapeake Library also hosts fun activities for kids including story hour, film programs, song time, an adventure club, and more. Call (757) 382-8300 for schedules, ages, and more information.

See Table of Contents heading: SUPPORT SERVICES for a listing of MWR facilities and activities on base. See Table of Contents heading: LOCAL COMMUNITY for events and activities in the community.

## **Things To Do - Recreation and Sports**

There is so much to do in the Tidewater area; you will never be bored. The beach is not far away, and there are rivers, streams, and ponds right up the road. The nearby Northwest River Park is a great place for picnics, boating, canoeing, paddleboating, fishing, and hiking. In the summer, rangers teach outdoor classes and guide canoe rides, hikes, and nature walks.

On base, you can go to the bowling alley, where there are four lanes, video games, a pool table, and plenty to eat. The pool is open in the summer, and great on a hot day! There is also baseball fields, tennis courts, and a basketball court. When you get here, be sure to check out the Youth Center. They have loads of ideas for places to go, things to do, and trips throughout the summer.

If you like to horseback ride, there are stables at Oceana and at farms along the way. Speaking of farms, in the spring you can pick your own strawberries, and in the fall, go and get your own pumpkin. There is also a Christmas tree farm! The best ice cream around is at Bergey's Dairy, where you can learn how to milk a cow or go on a hay ride. You can rent movies from the many places up in Great Bridge and there are plenty of movie theaters off base, though they are a little bit of a drive. If putt-putt golf is your game, Virginia Beach has some of the wackiest courses you've ever seen. You can ride your bike, rollerblade, or walk on the boardwalk; swim, or build sandcastles while you are at the beach !!

One good thing about this area is that you are only an hour and a half from Busch Gardens and Water Country USA. Closer to home is Ocean Breeze Water Park the Greenbrier Family Skating Center (roller rink), ARC IceSports (ice rink), the Marine Science Museum, the Portsmouth Children's Discovery

Museum (hands on activities) and lots of other places to have fun.

Looking for something else to do? Hampton Roads is home to many professional college sports teams. Plus, city parks and recreation departments offer a wide variety of recreational and sports activities for children from pre-school through teen years.

Also, see Table of Contents heading: LOCAL COMMUNITY for events calendar, cultural attractions, and recreational opportunities in the community. See Table of Contents heading: SUPPORT SERVICES for a listing of MWR facilities and activities on base.

## **Schools**

The schools in this area are very good and have many extra curricular activities. Sports, music, art, and special interest are only a few of the available programs. See PUBLIC SCHOOLS and PRIVATE SCHOOLS under the EDUCATION section for more information on area schools. The local Yellow Pages has an extensive listing of public and private schools in the area.

## **School Age Care**

The MWR Youth Program provides after school and vacation/summer camp. Call the Youth Center at (757) 421-8258 for more information.

## **Religious Programs**

The Northwest Chapel offers CCD, Sunday School and Children's Church. Please call the Chapel at (757) 421-8204 for more information and new activities.

There are numerous vacation bible schools, church based schools, bible camps and youth church groups in the area. Be sure to look in the Yellow Pages for a comprehensive list of local churches.

## **Special Events**

There are many special events throughout the year just for kids. The Youth Center, Chapel, Chesapeake Parks and Recreation Department; all keep busy keeping kids happy! MWR offers numerous discounts on concerts, attractions and theme parks. Call the MWR infoline at 640-5555, then press 6173 for ticket information or 6174 for other recreational activities. Be sure to check with the Youth Center and FFSC NW for more information. See the EVENTS CALENDAR under the LOCAL COMMUNITY section for more information.

## Youth Employment

The Northwest River Park hires teenagers in the summer. The City of Chesapeake often has job opportunities for youth as well. Please stop by FFSC NW and speak with the Employment Specialist for information regarding part-time and summer jobs.

## Youth Centers

NSA Norfolk, Northwest Annex has an active Youth Program. Many fun activities, field trips, events, sports, and contests are scheduled throughout the year. See the THINGS To DO - CLUBS AND SOCIAL subsection above for more information or call the Youth Center at (757) 421-8258. Another place to check out is the Chesapeake Family YMCA.

## For Teens Only

Welcome to Northwest!!

NSA Norfolk, Northwest Annex is located in Chesapeake, VA, but part of the base is in North Carolina. The Great Dismal Swamp is partially on base, so we help take care of it.

Northwest is a nice base. It has a bowling alley, swimming pool, tennis courts, racquetball courts, ball fields, volleyball court, video arcade, Youth Center, movies at the club, snack bar, and gym. Everything is close, so you can walk. The Youth Center holds all kinds of events like street dances, pizza parties, and build-your-own-sundae parties. There are field trips to the mall, Ocean Breeze Water Park, the ice skating rink, and horseback riding. There is also a teen softball team that plays against all the other local military bases.

There are great parks in the area, and Parks & Rec offer games and sports equipment you can borrow, ball fields, tennis courts, recreation halls, and loads of activities. There is a skate park at the Chesapeake City Park where skateboarders and in-line skaters can try their skill on ramps, platforms, and a three-quarter pipe. Elizabeth City also offers many recreation opportunities.

About 10 miles from the base, the Northwest River Park is a great place to have fun. The rangers there hold trips and activities like canoeing, repelling, rock climbing, backpacking, white water rafting and bow-hunter safety. Or you can rent canoes, paddle boats and fishing boats, and do your own thing. There are places to camp, fish, hike, or just kick back for awhile.

For those who like the mall, the closest one is Greenbrier Mall, about 30 minutes from the base. It has theaters, a food court, a video arcade, and plenty of stores. There are many other shopping areas: Lynnhaven, Pembroke, Military Circle, Chesapeake Square, and the MacArthur Center.

There are also movie theaters, including a 13 theater complex across from the Greenbrier Mall, in Chesapeake. At the Commodore Theater in Portsmouth, you can order a pizza from your table by phone and watch a movie while you eat!

If you like the water, you are in luck. Virginia Beach is about 45 minutes away and there is always something going on. You can ride a bike or rollerblade on the boardwalk, boogie board, or join a volleyball game while you are there. If you don't like crowds, there is a private military beach on Dam Neck. You will probably go on a road trip to the Outer Banks of North Carolina while you are here, where you will find nice beaches too.

Busch Gardens, Water Country USA, and Colonial Williamsburg are about an hour and a half north, and Kings Dominion is about two and a half hours north. The Marine Science Museum in Virginia Beach, the Aerospace Science Museum in Hampton, and Funscape near the Greenbrier Mall are also popular spots. There are also plenty of local roller and ice skating rinks in both VA and NC.

If you are thinking about getting your driver's license, here are a few things you will need to know:

You have to be at least fifteen years old to get a learner's permit, then you can drive with another driver over 21; 18 if he/she is your brother, sister, or legal guardian. In order to get a learner's permit, you have to have written permission from a parent or guardian (if you're under 18), pass the vision test, and pass a written knowledge test. When you have held the permit at least 6 months, turned 16, and completed a state approved driver's education class, you can get your permanent driver's license. State approved driver education classes are taught at high schools or commercial schools.

Well, welcome to Northwest! We look forward to meeting you! We hope you will stop by the FFSC and the Youth Center for more information on things to do or if you have ideas you think other teens would like to hear about.

If you need someone to talk to and don't know where to turn, here are some phone numbers just for you:

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| <b>Name:</b> Crisis Resources   |
| <b>Comments:</b><br>Crisis Line..(757) 399-6393<br>Youth Crisis Line..(757) 623-2627<br>Suicide Crisis Line..(757) 399-6393 |

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| <b>Name:</b> Pregnancy Resources   |
| <b>Comments:</b><br>Birthright Hotline..1-800-550-4900<br>Crisis Pregnancy Center of Tidewater...(757) 499-4444<br>Catholic Charities...(757) 467-7707 |

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| <b>Name:</b> Runaway Resources   |
| <b>Comments:</b><br>Seton House..(757) 498-4673<br>National Runaway Switchboard..1-800-621-4000<br>Runaway Hotline..(757) 498-HELP |

## Survival Tips For First Termers

### Survival Tips for First Termers Overview

Relocation affects everyone in the military. Active duty personnel seldom avoid moving to a different area during their career. Relocation is the most distinguishing aspect of a military career, which can be rewarding and challenging. To make each move a success, a great amount of planning and preparation is necessary. There are plenty of things to do before, during, and after the move, and this section will help keep you on track. Listed below are some "Survival Tips" to help you and your family meet the challenges and opportunities of the Mobile Military Lifestyle.

### Before You Move

Once you get your orders, you will begin by talking to your admin department to get things started. Start making lists of things to do. The Relocation Specialist should be able to provide you with a sample list, and if you attend one of the relocation workshops, you will find out most everything you need to know. The Relocation Specialist at your current installation can help identify special circumstances and guide you to the correct resources, provide counseling, base information, information about the new community, maps, videos, and tips.

While planning your move, you should make a few major decisions early; these include your date of departure, leave dates, leave location, packout dates, and what you plan to bring with you. You are going to have many errands to run, so you will want to work the time into your schedule. Get a calendar and begin to plan everything you must do from beginning to end. Notify your family, friends, banks, credit vendors, etc. of your upcoming move. Items to include on your calendar: change of address cards, school, and medical records for your spouse and/or children, find out when school begins and ends at your new duty station, make travel and lodging arrangements for yourself and your pets, etc.

Start budgeting for your move. Contact your Personnel Support Detachment (PSD) or Admin about your travel pay and entitlements. Moving can be expensive and even after you have received your special pays and entitlements, you will still have out-of-pocket expenses. Remember to visit your Fleet and Family Support Center for assistance with financial planning.

Contact the Household Goods Office for an appointment to schedule your household goods move. During your appointment, your counselor will provide a great deal of valuable information. Pay attention to details, take notes and ask questions!!! Remember, every question is valuable; there is no such thing as a dumb question and it is your move!! Failure to ask questions and adhere to guidelines can be costly in both time and money.

If you are married, have your spouse contact Spouse Employment Assistance Program at the Fleet and Family Support Center to update his/her resume and to search for employment leads in the new area.

Contact the Housing Welcome Center of Hampton Roads - BEFORE moving by requesting a HOUSING WELCOME ABOARD PACKET at the email address listed below. The packet contains maps, phone numbers, school listing, and much more. The Housing Office can give you great tips and advice.

Notify your landlord, rental agent or Housing Office of your Permanent Change of Station (PCS) orders and approximate date of departure. If there is a military clause in your lease, you must give this notification in writing. If you want to live in base housing, you can mail or fax your housing application, copy of your page two and a copy of your Permanent Change of Station (PCS) orders to your new area. See your local Housing Office for the procedure in the new location.

One thing you will need to start working on ASAP is collecting all of the important documents you should carry with you while traveling to your next duty station. Below is a list of possible items:

1. Spouses should bring resumes or employment history information along, as they will want to begin their job search early. The Spouse Employment Assistance Program can assist with resumes, cover letters, and the job search upon arrival.
2. A Power of Attorney is recommended so spouses can pick up household goods, POV's, etc., upon arrival.
3. Adult and child school records.
4. Immunization records. Children must have valid diphtheria, tetanus, whooping cough, German measles, measles, mumps, and polio immunizations before starting school.
5. Registration and title for POV and drivers license.
6. Medical and dental records (esp. for Exceptional Family Member/ Special Needs Program members), eyeglass, and medication prescriptions.
7. Pet health and immunization records.
8. Personal and family records such as marriage, divorce, birth certificates, adoption, naturalization, sacrament papers, wills, passports, fingerprint records, and Social Security cards.
9. Packout paperwork from household goods shipments. Also, carry your appraisals and any personal inventory documentation, including pictures and videos.
10. Banking, insurance, and other documents of financial significance.
11. Letters of credit from utility companies, if possible.
12. Port call instructions, orders, and travel receipts.

Your command should request a sponsor for you right away. Find out if this has been done for you. Your sponsor is a very important person for you and you should aggressively pursue communication with them. If you do not have a sponsor, you can request one through the website listed below or ask your Relocation Specialist for assistance. Let your Admin

department know if you have not heard from your sponsor within 30 days of getting your orders. Once you have a sponsor, they will be an important source of information, assistance, and support. Your sponsor can send you specific information on your new location and assist you when you arrive including making reservations for temporary lodging. Make sure you have some arrangements made for your stay the first night. Also, refer to the accommodations listed under **BILLETING** in the **RELOCATION SERVICES** section.

**NOTE:** Remember, if you get married, your commander and admin departments must know, and paperwork must be done so your spouse can be moved with you. Listen carefully and do **EXACTLY** what is required. Otherwise, you may end up paying for the travel yourself or traveling separately to your duty station. The military **WILL NOT PAY** for your spouse's travel and household goods if you do not follow proper procedures.

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| <b>Name:</b> Navy Housing Worldwide   |
| <b>WWW Link:</b> <a href="http://www.housing.navy.mil">http://www.housing.navy.mil</a>  |
| <b>Comments:</b><br>This website is dedicated to assisting personnel in locating and acquiring suitable housing. You will find links to resources and people that can help you find your next home. Also look for information on waiting lists and BAH rates in the area, as well as contact information. |

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| <b>Name:</b> Navy Lodge   |
| <b>Phone:</b> 1-800-NAVYINN   |
| <b>Comments:</b><br>Hampton Roads Navy Lodges<br>Dam Neck (757) 437-8100<br>Little Creek (757) 464-6215<br>Norfolk (757) 489-2656 |

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| <b>Name:</b> Navy Regional Housing Welcome Centers  |
| <b>POC:</b> of Hampton Roads  |
| <b>Phone:</b> 1-800-628-7510  |
| <b>E-Mail:</b> govhousing@nnhwc.com   |
| <b>WWW Link:</b> <a href="http://www.nsa-norva.navy.mil/housing2002/fh-index.htm">http://www.nsa-norva.navy.mil/housing2002/fh-index.htm</a>  |
| <b>Comments:</b><br>To receive a Housing Welcome Aboard Package, email request to: govhousing@nnhwc.com<br><br>Norfolk Toll Free 1 (800) 628-7510<br>(757) 445-2832 /DSN 565-2832<br>FAX (757) 445-6935<br><br>NAB Little Creek<br>(757) 462-7448 /DSN 253-7448<br>FAX (757) 462-4019/DSN 253-4019<br><br>NAS Oceana/Dam Neck<br>(757) 433-3465 /DSN 433-3465<br>FAX (757) 433-2600/DSN 433-2600<br><br>Yorktown<br>(757) 847-7800/ DSN 953-7800<br>FAX (757) 847-7822 /DSN 953-7822<br>Toll free 1-800-704-5488<br><br>NSA Northwest Annex<br>(757) 421-8280 /DSN 564-1376<br>FAX 421-8616 |

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|---|
| <b>Name:</b> Sponsor Assignment Aid   |
| <b>WWW Link:</b><br><a href="http://www.staynavy.navy.mil/Tools/SAA/default.asp?mnuTool=%2FTools%2FSAA%2Fdefault.asp&amp;btnSubmit=Go">http://www.staynavy.navy.mil/Tools/SAA/default.asp?mnuTool=%2FTools%2FSAA%2Fdefault.asp&amp;btnSubmit=Go</a> |

## After You Arrive

Here are some tips to help make your first few days in your new home a bit easier:

- \* Visit one of the 6 Fleet and Family Support Centers of Hampton Roads for information about your new duty station and the local area. They have other information such as: spouse employment, loan locker, and local area maps.
- \* Contact the Housing Welcome Center of Hampton Roads - BEFORE making any arrangements for civilian housing. Rental/lease agreements are extremely important and sometimes complicated. The Housing Office can give you great tips and advice.

\* If you have children, make arrangements for child care on the day your household goods arrive.

\* Contact utility companies to make arrangements for connections. Remember to mention the letter of credit you got from the gas or electric company in your old home. Your new utility company may wave their deposit if you provide them with such a letter.

\* Do not try to do everything as soon as you arrive. Get the basics done quickly, then get out of the house and into the community. Resist the urge to establish a beautiful house overnight.

\* Keep in touch with old friends. Encourage your children to write and include photos or drawings of new surroundings.

\* If your child is older, give him or her a say in the decor of his or her bedroom. Adopt a new color scheme, with a new rug or fresh posters.

## Reporting Procedures

Please see MUST KNOW ITEMS under the INSTALLATION section for check-in procedures for the various commands/companies.

## Vehicle Ownership

If you will be registering a vehicle in Virginia or North Carolina, you may want to register it in the active duty service member's name ONLY. This way you will avoid paying Virginia or North Carolina property tax. Please refer to MUST KNOW ITEMS (licensing) under the INSTALLATION section for further information.

If you plan to buy a car, be sure to stop and chat with the FFSCs Financial Educator for information on local car sales practices. You will want to ask what is the highest interest rate a consumer can be charged in the Commonwealth of Virginia when purchasing a vehicle!

## Housing and Billeting

The Housing Welcome Center - Northwest Site will assist families with housing in the area. Single personnel will usually be provided accommodations in the Combined Bachelor Quarters on base. Please refer to the HOUSING section for information on base housing and BILLETING under the RELOCATION SERVICES section for temporary housing options.

## Money Matters

Relocation is expensive. To be better prepared, contact the nearest FFSC to inquire about Relocation Workshops. The workshops will assist you in developing a basic relocation plan suited to your move. Without proper planning, the average military member will lose \$2 for every \$3 he or she spends. Check with your disbursing office or FFSC to find out what allowances you will receive. Remember to visit a Financial Specialist at your FFSC, Navy-Marine Corps Relief, or command to develop a spending plan for your move. Workshops include information about financial management, budgeting, and benefits/entitlements, just to name a few.

Start to save well before your move. Although many expenses are reimbursed, you often have to pay out of your pocket, then turn in receipts later. **BE SURE TO SAVE ALL OF YOUR RECEIPTS**, this includes taxi, shuttle bus, and lodging. Watch your money carefully while in transit. Unexpected expenditures can dwindle your resources quickly! It is **VERY IMPORTANT TO CAREFULLY PLAN YOUR EXPENSES**. If you have a good understanding of what you will need, you are more likely to have it when the time comes. Please refer to **FINANCIAL PREPAREDNESS** under the **RELOCATION SERVICES** section for more information on moving and money.

## At A Glance

### Facility/Services Summary

| <b>--Officer and Enlisted Population--</b> |     |  |   |
|--|-----|--|---|
| Active Duty Officer                        |     | Active Duty Warrant Officer              |   |
| Guard Reserve Officer                      |     | Guard Reserve Warrant Officer            |   |
| Retired (Officer and Enlisted)             |     | Foreign Service Officers                 |   |
| Active Duty Enlisted                       |     | Guard Reserve Enlisted                   |   |
| Foreign Service Enlisted                   |     |  |   |
| <b>--Civilians--</b>                       |     |  |   |
| Civil Service                              |     | Wage Grade                               |   |
| Non-Appropriated Funds                     |     | Family Members -on and off Installation- |   |
| <b>--Family Services--</b>                 |     |  |   |
| Family Centers                             | 1   | Teen Centers                             | 1 |
| Child Day Care                             | 1   | Family Child Care Certified Homes        | 1 |
| Total Child Capacity                       | 128 | Total Child Capacity                     | 6 |
| Average Waiting List Time -Months-         | 0   |  |   |
| <b>--Other Services--</b>                  |     |  |   |
| Commissary                                 | 0   | Exchanges                                | 0 |
| Shoppettes                                 | 1   | Gas Stations                             | 1 |
| Movie Theaters                             | 0   | Banks and Credit Unions                  | 0 |
| McDonalds/Burger King                      | 0   | Other i.e. Exchange concessionaires      | 0 |

## Housing Summary

| <i>--Officer Housing--</i>       |     |                                  |    |
|----------------------------------|-----|----------------------------------|----|
| Senior Officer Waiting           |     | Senior Officer 3 Bed Room        | 3  |
| Senior Officer 4 Bed Room        | 1   | Senior Officer Other             |    |
| Company Grade Officer Waiting    |     | Company Grade Officer 2 Bed Room |    |
| Company Grade Officer 3 Bed Room |     | Company Grade Officer 4 Bed Room |    |
| Company Grade Officer Other      |     | BOQ                              | 20 |
| <i>--Enlisted Housing--</i>      |     |                                  |    |
| Senior Enlisted Waiting          |     | Senior Enlisted 3 Bed Room       |    |
| Senior Enlisted 4 Bed Room       | 24  | Senior Enlisted Other            |    |
| Enlisted Waiting                 |     | Enlisted 2 Bed Room              | 8  |
| Enlisted 3 Bed Room              | 93  | Enlisted Other                   |    |
| BEQ                              | 179 | Transient Lodging Facilities     |    |

## Education Summary

| <i>Name</i>           | <i>Numbers</i> |
|-----------------------|----------------|
| Elementary School     | 28             |
| Jr High/Middle School | 9              |
| High School           | 6              |

## Local Community Summary

| <i>Type of Housing</i>      | <i>Avg.</i> | <i>Low</i> | <i>High</i> |
|-----------------------------|-------------|------------|-------------|
| Apartment Rent              | 650         | 350        | 1300        |
| House Rent                  | 800         | 650        | 1500        |
| House Price - Single Family | 130000      | 80000      | 280000      |
| Townhouse/Condominium Price | 90000       | 79000      | 151000      |

## Medical and Dental Summary

| <b>--Medical Facilities--</b> |   |                              |   |                  |   |
|-------------------------------|---|------------------------------|---|------------------|---|
| Medical Treatment Facilities  | Y | Number of Beds               | 0 | Medical Clinic   | 1 |
| Alcohol                       | N | Allergy                      | N | Audiology        | Y |
| Cardiology                    | N | Coronary care                | N | Dermatology      | N |
| Dietary                       | N | Emergency room               | N | Endocrinology    | N |
| Family Practice               | Y | General surgery              | N | Gynecology       | N |
| HIV Unit                      | N | Hematology                   | N | Immunization     | Y |
| Infect Disease                | N | Intensive Care               | N | Laboratory       | Y |
| Mental Health                 | N | Neonatal Intensive Care Unit | N | Nuclear Medicine | N |
| Nephrology                    | N | Neurology                    | N | Neurosurgery     | N |
| Obstetrics                    | N | Oncology                     | N | Ophthalmology    | N |
| Optometry                     | N | Orthopedics                  | N | Otolaryngology   | N |
| Pathology                     | N | Pediatrics                   | Y | Physical Therapy | N |
| Podiatry                      | N | Primary Care                 | Y | Radiology        | Y |
| Rheumatology                  | N | Urology                      | N |                  |   |
| <b>--Dental Facilities--</b>  |   |                              |   |                  |   |
| Dental Clinics                | 1 | Adolescent                   | N | Endodontics      | N |
| General Dentistry             | Y | Oral Surgery                 | Y | Orthodontics     | N |
| Pedodontist                   | N | Periodontics                 | N |                  |   |

## Relocation and Support Services Summary

| <b>--Military Clubs--</b>            |   |                                |   |
|--------------------------------------|---|--------------------------------|---|
| Officers Club                        | 0 | Non-Commissioned Officers Club | 0 |
| Enlisted Club                        | 1 |                                |   |
| <b>--Recreation--</b>                |   |                                |   |
| Arts and Crafts                      | 0 | Automobile Hobby Centers       | 0 |
| Bowling Centers                      | 1 | Recreational Centers           | 0 |
| Libraries                            | 0 | Music and Theater Locations    | 1 |
| <b>--Physical Fitness/Sports--</b>   |   |                                |   |
| 9 Hole Golf Courses                  | 0 | 18 Hole Golf Courses           | 0 |
| Gyms/Physical Fitness Centers        | 2 | Jogging Paths                  | 1 |
| Tennis Clubs/Courts                  | 1 | Tennis Courts - Lighted        | 1 |
| Swimming Pools - Public              | 1 |                                |   |
| <b>--Nature/Outdoor Activities--</b> |   |                                |   |
| Outdoor Recreation Centers           | 0 | Campgrounds                    | 1 |
| Fishing Areas                        | 0 | Horse Stables                  | 0 |



## **APPENDIX**

### **Disclaimer**

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